JUL - 4 1975

Weight Watchers®

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Valerie Harper: Slender "Rhoda's" Success Story

Salute To America

60 RECIPES from across the U.S.A.

4 Doctors Talk:

- Are you Doomed to be Fat?
- Heart Disease & Obesity
- The Wrong Ways To Lose Weight

Valerie Harper

STAR-KIST® TUNA-STUFFED POTATOES

Nutritious because it's tuna,
delicious because it's Star-Kist.

These potato boats are stuffed with a flavorful cargo of tuna, Swiss cheese and chives. You make 'em with good-tasting Star-Kist Tuna. Solid white or chunk light.

Tuna's good for you. High in protein, low in fat. That's why tuna dishes are a favorite when you're dieting.

Star-Kist Tuna-Stuffed Potatoes

4 oz. Star-Kist Tuna, drained
2 medium (3 oz.) baked potatoes
¼ cup skim milk
½ teaspoon salt
2 oz. (½ cup) shredded Swiss cheese
1 teaspoon freeze-dried chopped chives
Paprika

Bake scrubbed potatoes in a preheated 425° oven 45 to 50 minutes. When soft, cut in half lengthwise; remove insides, leaving skin intact. Mash potato pulp with milk and salt. Stir in tuna, cheese and chives. Divide mixture equally into 4 potato halves, piling high in center. Sprinkle with paprika and additional chives, if desired. Bake in a shallow pan in preheated 400° oven until hot and brown on top (10 to 15 minutes). Makes 2 servings.

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LEGAL

Something new to sweeten your disposition

Even with your eyes wide open, you'll think it's the real stuff. Weight Watchers® new Granulated Sugar Replacement looks, pours, measures and sweetens exactly like sugar. But it costs only a pinch of the price—in cash as well as in calories. Why not try some today—on fruit, on cereal, in coffee or tea? Weight Watchers Granulated Sugar Replacement will fill up your sugar bowl beautifully.

Weight Watchers® Granulated Sugar Replacement

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Message to our readers...

The Weight Watchers program contains a nutritionally balanced eating plan designed to help people lose weight and keep it off.

The LEGAL designation—LEGAL is not a reference to the law but rather denotes foods acceptable for use by those following the Weight Watchers program—appears in advertisements whose products fall into this category. Nutritional data in advertising is for the information of readers. Those following the Weight Watchers program should eat the amounts specified in their eating plan.

Although it may be somewhat of a surprise, such foods as spaghetti, rice, potatoes, vegetable oil, margarine, cereal, etc., are LEGAL, and they, along with the other foods on the program will help you lose weight if they are eaten in the limited and specified quantities indicated.

We continue the policy of offering in our editorial pages only those recipes acceptable on the WEIGHT WATCHERS Program; therefore, all such recipes are LEGAL.

There is also a Maintenance Plan. Foods approved for this Plan are occasionally advertised in the magazine and will be designated MAINTENANCE.

Such designations in advertisements do not imply endorsement or approval of a product by Weight Watchers International, Inc.

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Weight Watchers® magazine

july, 1975, volume nine, issue six

cover photograph by Gene Trindl, Globe

SPECIAL SECTION: SALUTE TO AMERICA

22 **The American Way Of Cooking** Sixty recipes from across the U.S.A. in a handy pullout form

44 **Fashions: Parading The Red, White, and Blue** This Fourth of July, the look is patriotic

47 **The American Look** Hairdos from six leading hairstylists in six major cities, one just right for you

FEATURES

10 **Your Future In Tea** A how-to for non-pro fortune tellers with the world's oldest brew

14 **Four Doctors Talk** Are you doomed to be fat? Heart disease & obesity . . . The wrong ways to lose weight . . . Canadian report

18 **Valerie Harper: Slender Rhoda's Success Story** · When this TV star got tired of 20 extra pounds, she took some positive steps

20 **Bicycling Across The U.S.A.** Honoring the Spirit of '76, two Weight Watchers Members pioneered a bike route

42 **Why Cycling is Good Exercise** More than 90 million Americans may know something you don't know

DEPARTMENTS

3 People Only

4 Ask Jean Nidetch

56 Then-and-Now Scrapbook

62 Keeping It Off

62 July Recipe Index

64 Heard & Overheard

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HOME PLATE

There are many possibilities for pleasant, low-cost summer vacations: hiking, camping, biking or, for a little more luxury, renting a travel trailer or condominium apartment. For some people, parceling out summer pleasures into weekends makes for fun without breaking the budget. However, with the ointment comes the fly, and lower-cost excursions usually involve some household chores. The following are time-savers that are easy to pack:

To speed up dishwashing, tote along the **Dish-O'Matic,** which combines sponge and scouring pad on a handle. It can be filled with a week's supply of liquid detergent which then filters out through the sponge in the process of scrubbing. Available from Star Products, P.O. Box 62, Dept. 3, Hamilton, Ohio 45012, the Dish-O'Matic sells for $1.35.

Mornings still mean coffee time, even in the heat of July. The new **Krystal Klear Koffee Filter** is guaranteed to outlast 2,500 disposable paper filters — an estimated savings

of $55 or more. The filters are made of easy care fibers and a special weave that insures absence of sediment or bitterness. Cup-type and cone-type filters fit most coffee makers. Order for $4.95 postpaid through the Gene T. Popel Company, P.O. Box 3298, San Diego, Calif. 92103. Be sure to specify cup or cone when ordering.

Space-age technology discovered the use of liquid crystals, which are utilized in the manufacture of this **child's bath thermometer.** Unbreakable, waterproof and accurate, it's easy to take along on trips and is

also designed as a sailboat to please young bathtub sailors. RPR, Inc. manufactures the thermometer, which can be purchased in children's departments of most major department stores for $4.95.

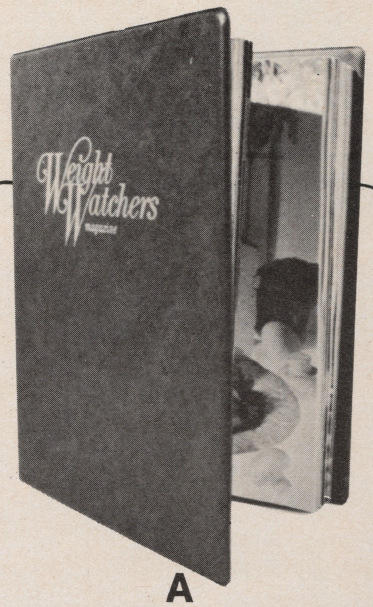
ON THE MOVE

You don't have to be a member of the international travel set to take advantage of Rand McNally's new ***World Traveler's Almanac.*** This updated version contains a special Bicentennial feature on American tours, in addition to the latest information concerning packaged tours, cruises, ways to save money on air fare, international railway index, car rental services, shopping tips, tax write-offs and vagabonding. To receive a postpaid copy, mail $6.95 to The World Traveler's Almanac, Dept. P-WW, 6900 Santa Monica Blvd., Los Angeles, Calif. 90038.

For room and meals at a cost of $4 to $50 per day throughout Europe, the **International Hospitality Exchange** offers information on private homes, listing hospitality offered as well as sought. Basic subscription to the service costs $10. Contact I-H-E, Box 118, Del Mar, Calif. 92014. In this country, Holiday Hosts, Inc. pro-

continued on page 9

PEOPLE ONLY



A SPECIAL BINDER TO COLLECT AND PROTECT YOUR MONTHLY ISSUES

Here's an ideal way to build your library of recipes—as well as provide a handy reference source of suggestions and ideas on food, fashion, beauty, health.

This handsome, gold-stamped *Weight Watchers Magazine* binder holds a full year's issues. It's easy to handle, sturdy, compact—an attractive addition to your bookshelf.

Order one or more today.

ONLY $3.85

for one binder . . .
$7.10 for two . . .
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(We pay the postage.)

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ASK Jean Nidetch

WHAT WEIGHT OVER 40

Dear Jean:

I've never had to count calories. At age 14, my measurements were 37" bust, 23" waist, and 38" hips. I'm 5 feet 10 inches and weigh 142 pounds. I've mothered three children including twins. When I was released from the hospital after each delivery, my regular clothes were a perfect fit. I maintained these measurements and weight until 1974. Now I'm 41, and in 10 months I've gained 37 pounds — although I still have the same job, same eating habits and activities.

My friends and acquaintances always used to ask why I wanted to be so skinny. Now these same people are saying that I don't look tired and nervous since I've gained weight. But I feel horrible! I am detemined to lose this extra poundage.

My question is, should a woman want to be heavier because she is in her 40's?

Victoria Hall
Newark, N.J.

Dear Victoria:

A woman should not *want* to be heavy at any time in her life — weight not only ages you, it puts a strain on your body. As we get older, we don't need any additional physical strain. Today, we know that overweight is not a necessary part of aging. In fact, it's a detriment. Don't pay attention to your friends — pay attention instead to your own feelings, Before you do anything, however, I do suggest that you check with your doctor to find out the proper weight for your age, height, etc.

LOST BY MAMA

Dear Jean:

I had the most wonderful thing happen yesterday. My mother lost me while shopping in a store! Really. She had gone to buy something in another part of the store and when she came back, she walked past me twice before it dawned on her that it was me standing there!

The reason? I am a 36-year-old, 41-pound "winner" on the program and 25 pounds from goal. This, plus the fact that I was neatly dressed, is why Mother couldn't find me in a group of people.

I ask you, Jean, what could have been a more beautiful happening and a bigger shot in the ego for those last miles?

Judy McKeighan
Lincoln, Nebr.

Dear Judy:

I was really pleased to read your letter — what a marvelous anecdote! That is one of the great thrills of losing, when the "new you" is unrecognized even by a parent. Isn't it exciting? And there are so many more happy experiences to

continued

What's the best tuna?

It's the one that's hand filleted, baked twice...and has a Mermaid on the label.

Ask anybody what's the best tuna.
Good chance they'll answer Chicken of the Sea.

More active, nutrition-conscious people do.
Because it's pure, prime fillet of tuna.
Tuna actually filleted by hand.

Try the good tuna taste of Chicken of the Sea in this new recipe with a Spanish flair.

Meet a Tomato named Alfredo....

4 oz. Chicken of the Sea Tuna (well drained)
3-4 drops Tabasco® Sauce
2 tbsp. pimento, slivered
1/4 medium green pepper, slivered
1/4 cup chopped celery
2 hard-cooked eggs, chopped
1/8 tsp. dill weed
2 tbsp. mayonnaise
2 medium-sized tomatoes

Place all ingredients except tomatoes into a medium-sized mixing bowl. Mix carefully until well-combined. Chill until serving time. Hollow out centers of tomatoes. Fill with tuna mixture. Garnish with parsley, paprika. Serve on well-crisped greens. Makes 2 servings.

©Ralston Purina Company, 1975

come, Judy—new clothes, new friends, a whole new way of living. You are already on the threshold and when you reach your goal weight, you will have opened the doors.

GOODBYE, SHAME; HELLO, LOVE!

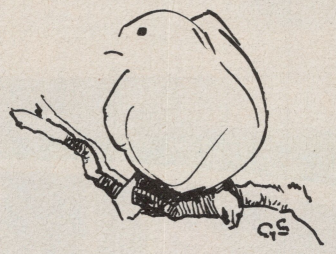
Dear Jean:

I reached my goal weight of 154 two weeks ago and have never been happier. I have always been heavy and therefore always felt insecure about myself. When my friends started dating, I shied away. I was afraid of calling a girl — afraid she would reject me (mainly because of my weight). At 22, I decided to join the program. It was a big decision because I thought I would be very embarrassed. But as the pounds disappeared, so did my shame. I am now 23 years old, slim and planning to marry a marvelous girl. If I hadn't lost the weight, things would never have worked out so well.

Bob O'Reilly
Madison, Wisc.

Dear Bob:

Your story is a marvelous example of my contention that inside every fat person is a thin one longing to escape! How very delightful to hear that the thin you has emerged at last to discover both romance and the requisite happy ending. Congratulations to you both.



EATING LIKE THERE'S NO TOMORROW

Dear Jean:

I am in despair over what I see as almost hopeless. Here I am: 21 years old, a college senior with all the advantages and opportunities in the world, but unable to face the world in my present state. People tell me I'm pretty (or would be if I lost weight), but I've literally hibernated for the past two years, ever since I started gaining.

I want to love the world, people, my studies, my work, etc., but I can't. Why? Because I'm so disgusted with myself. I'd love to be thin like all my friends, so why do I eat like there's no tomorrow? It's as if there's a force within me saying, "Eat four dozen cookies, six double-scoop ice cream cones and a whole chocolate cake after a large Mexican food dinner."

Food controls my life. I'm so miserable that sometimes I wonder if many of our country's suicides are because of compulsive eating.

Name and address withheld

Dear Friend:

Reread your letter and I think you will find the answer to your problem. You have a very negative attitude. You have gained weight and lost your self-respect. Mentally, you have given up and *that* is your main problem. You really do have to revise your thinking and realize that the depression that comes with overweight is universal — yes, all of us have been as low as you are now and yes, we have had to fight to regain our confidence. Once you gain the confidence and the knowledge that weight can be lost, it is lost. You must tell yourself that you can do it — not that you can't do it. "Can't" is not the truth —

continued

7¢ STORE COUPON 7¢

Clip this coupon and save 7¢ on Borden Lite-line slices. You've nothing to lose but half the calories.

B-0000-0 B-0000-0

Mr. Grocer: Borden will redeem this coupon for 10¢ plus 5¢ for handling when submitted as part payment for a package of Borden Lite-line slices. Any sales tax must be paid by consumer. Invoices showing purchase of sufficient stock to cover coupons must be shown on request. Coupon void in any State or locality where taxed, prohibited or restricted by law. Coupons may not be assigned or transferred by you. Good only in the U.S.A. Cash value 1/20 of one cent. For payment, mail to Borden, Inc., Box 1720, Clinton, Iowa 52732. Offer expires June 30, 1976. Good only on Borden Lite-line slices. Any other use constitutes fraud. Limit: one coupon per family.

7¢ STORE COUPON 7¢

Lite-line cuts cheese calories in half and keeps the good cheese taste.

Lite-line tastes like the best process American cheese, provides good sensible nutrition, but has only half the calories.

Our Lite-line pasteurized process cheese product is made with skim milk and American cheeses. So you get substantially less fat yet a generous supply of all important protein. Lite-line makes good nutrition sense. Check it out in the chart below, then try it. You've nothing to lose but half the calories.

Lite-line Nutrition Data

Per Slice Average wt. 21 grms	Lite-line 12 oz., 16 slices	Process American Cheese	Process Cheese Food
Calories	40	80	70
Milk Fat %	9	31	23
Protein %	24	21	18

LEGAL

Tired of that same old diet soft drink?

Weight Watchers® sugar-free soft drinks add a lot of flavor to your life.

Let yourself go. Now's the time to make the delicious, refreshing switch to Weight Watchers Sugar-Free Soft Drinks. You get plenty of fresh, lively flavors to choose from. And flavor for flavor, you can't get a better taste from any other sugar-free soft drink. Try one...try them all. They add a lot of fun and flavor to your life.

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New
Shatterproof
plastic
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8 ounces
for the usual
price of 6

NEW
refillable
purse or pocket **"Mini-bottle"**

LEGAL

The Sweetest

Dear Joie:
Congratulations on your weight loss. I am always delighted to hear of such marvelous success. In your case, I am doubly delighted — and as grateful to your physician as you must be. How fortunate for you that he advised you not to go through the rigors of a painful and costly operation. You must feel so much better losing weight the normal way. I know you will be able to reach goal. Please, when you do, send me your "before" and "after" pictures.
(P.S. And I love your husband's book idea!)

THE CALAMITY OF BEING CARELESS

Dear Jean:
I just finished eating and eating and eating until I felt literally sick to my stomach. I want to know why I did it. I want to try to remember how I was feeling when I started eating. I feel it will help to write it down and I'm grateful that you're there to listen. When my son was three weeks old, I started Weight Watchers classes. I lost 18 pounds and could wear size-8 pants. I felt good about myself. I had no trouble sticking you can, my friend. This magazine is filled with pictures of people who did it. Come on, start believing in yourself and I promise you, you will make it.

BYPASS VETO

Dear Jean:
A million thanks from one who has tried so many times and finally lost hope. I was trying to talk a surgeon into doing an intestinal bypass operation a year ago! He refused and asked if I was sure I had tried everything. *When I said that I hadn't, he encouraged me to join The Program and now, one year and 136 pounds lighter, I still find it unbelievable.*

It is so magnificent to finally be able to shop for human-size clothes and lose the feeling of "second class citizenship."

I know there is plenty more to do. I started at 330 pounds but after a year, I know I can make it. I can live with it very well. From now to infinity.

Joie Brucle
New York, N.Y.

P.S. My husband suggests that you write another book and call it "Fear of Frying."

Family Ever...

LEGAL

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usual price
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Look for both Liquid and Powdered Superose in grocery and drug stores.

Send 25¢ for Superose samples.

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to The Program and reached my goal weight. But then it happened. Gradually, I have become more and more careless about maintenance. It scares me to feel this way. I am so afraid I'll get fat again and lose control. At times like these, the anxiety is almost intolerable. I realize I have to get back on the program and yet I rebel against it.

Can you tell me, though, if it ever gets better? I can't imagine going through a whole year without the anxiety of either fighting to stay on the program or losing control. I've had this problem all my life and now I'm tired.

Debbie
Pocatello, Idaho

Dear Debbie:
Old cravings and old habits are hard to lose and yes, sometimes we are really afraid of being thin — afraid to take our place in a civilian world, afraid of the pressures. However, I think you have decided that the pressure of being heavy is much, much worse and I also think that you might have profited from this sad experience of the binge that led to another binge. You were not helped by over-eating — one never is, but sometimes one is not aware of it at the moment. I am very encouraged by your experiences, Debbie, because they prove to me that our program of re-educating eating habits has helped even more than you might have realized at the time. I am sure that when you rejoin again, you won't be in the mood for any more binges.

CHEERS!

Dear Jean:
Since the day I saw my first football game early last fall, I've wanted to be a cheerleader. To me, those girls in the short skirts waving their banners and batons were all beautiful. And so on that day I decided that I too would become one of the "cheering beauties." Unfortunately, I weighed 143 pounds — not exactly a good size for doing all those kicks and jumps, particularly for someone only 5 feet 4 inches tall. There was only one thing to do: lose weight. And this time I meant it.

It was harder than I expected, and many times I almost gave up, but somehow I stuck with it and the results began to show. My school is now drafting girls for next year's cheering squad and I was one of the first chosen. My dream is really coming true! But do you know what made me even happier? Finally reaching my goal of 120.

Betsy W.
Los Angeles, Calif.

Dear Friend:
Your letter filled me with cheer, I can tell you! I'm delighted with your success. I happen to believe that cheerleading requires much the same stamina as successfully sticking to the program: You have to have a positive approach. You've proved you can think and act positively and I know that with you urging them on, your team is bound to be victorious.

BLAME IT ON HAWAII

Dear Jean:
I'm 5 foot 2 and used to be 154 pounds and am now 136 pounds. I went on the program two years ago and lost about 40 pounds, looked great and felt even better. Well, I went to Hawaii on vacation and gained 15 pounds in two weeks, and then kept gaining until I reached 154. Nothing fit, I hated myself and felt awful. Well, I'm back and losing again. My husband is so happy, but I'm so scared that when I get down to 118, I'll gain it back. I don't want to be fat. I want to keep it off this time and not just for a month.

Please, is there anything that you can tell me to help?

Name withheld
Missoula, Mo.

Dear Friend:
Naturally, it's not easy to lose, especially if you like to eat. But the discipline we gain in the process of learning to eat properly is our built-in defense mechanism against regaining those pounds. Mentally weigh the pros and cons of weight loss. Would you rather be heavy or thin? Would you rather look well and feel well or be heavy and sluggish? Is there really a choice? When you hanker for the forbidden, get out that mental scale. It's always kept me in balance — It *can* do the same for you!

IF YOU HAVE ANY QUESTIONS . . . about weight problems that you'd like Jean Nidetch to answer, please send them to: Ask Jean, Weight Watchers Magazine, 635 Madison Avenue, New York, N.Y. 10022. While all questions will be answered, we regret that Mrs. Nidetch cannot personally acknowledge each letter.

All letters *must* carry the writer's name and address, although either or both will be withheld upon request. We reserve the right to condense or edit all letters.

PEOPLE ONLY

continued from page 3

vides a **"Bed 'n Breakfast"** program in the Washington, D.C., area. Through them, tourists stay in approved private homes at a price of $10 to $21. Write Holiday Hosts, Inc., P.O. Box 1108, Langley Park, Md. 20787, or call (301) 434-4336.

Pilot Books, 347 Fifth Avenue, N.Y.C. offers the ***1975 National Directory of Budget Motels*** at a price of $2.50 per copy. More than 700 motels in 47 states are listed at rates running from $7.50 to $10, with $2 to $3 more for a double. Also Days Inns of America, luxury budget motel chain, advertises a **room plus car rate** of $19.99 per day, which includes 25 free miles on the car. Days Inns are located from Florida to Virginia and as far west as Arizona.

Nova Scotia's Cape Breton Island offers **Gaelic celebrations** throughout the month of July, in addition to its regular attractions of beaches, boating, fishing, hiking trails and museums. "The Men of the Deep" perform weekly concerts in Cape Breton, where it is also possible to visit an undersea coal mine. Write Dept. DCI-Cape Breton, Nova Scotia Information Office, Suite 3115, 630 Fifth Avenue, N.Y.C. 10020 for a color brochure.

WOMEN'S WORK

Just out is a new paperback dealing with businesses that can be started on a small budget and often operated from home on a part-time basis. Author, Terri Hilton, in ***Small Business Ideas For Women*** writes specifically with women in mind, but the same principles can be applied to a husband-and-wife team as well as a man desiring a second career. Copies are available at $2 from Pilot Books, 347 Fifth Avenue, N.Y.C. 10016.

The Career Advancement Guide is geared to helping mature people advance in their careers. Author Edward L. Adams, Jr. suggests his book be used as a tool for making more effective use of time and talents. (McGraw-Hill, $19.95).

The U.S. Department of Labor provides **statistical pamphlets** that manage to dispel most clichés about

continued on page 11

Your Future In Tea

Tea is the most popular beverage in the world, and certainly one of the oldest, having originated quite by accident in China in 2737 B.C. America made its unique contribution to the beverage with the invention of that summer specialty, iced tea, by a young man at the 1904 Louisiana Purchase Exposition. In our historic past, the Boston Tea Party of 1773 and the New York Tea Party four months later are recalled as we approach the Bicentennial.

Fortune-telling through tea leaves (outlined below) was brought from Asia to medieval Europe by gypsies. Man's curiosity about the future, combined with his fascination for the occult, make this practice as popular today as it was hundreds of years ago.

Want a peek at your future?

Everybody does! So, how about reading your fortune in a teacup. The recipe is simple and the results are guaranteed to be delightfully inaccurate.

To a teaspoon of tea leaves and a cup of boiling water, add a dash of imagination — and mix well. Those are the basic ingredients for the old art of tea-leaf reading, and whether you are sitting around with the family or having a few friends in, tea-reading will turn teatime into a party. Here's an opportunity for you to look into the future — your own and that of your friends. It may not be an exact, faithful prediction of what is to come, but it will be fun — and you'll be the life of the party!

For fortune-telling tea, of course, you'll use loose tea. Make the tea in a teapot (directions at end) and let the tea stand for at least three minutes to bring out all the good taste and quality. When everyone has had a chance to enjoy the refreshing brew, you are ready to start the fortune-telling. Caution everyone not to finish the tea but to leave a little in the bottom of the cup—along with the stray tea leaves. Ask the person whose fortune is to be told to take the cup in his left hand and move it in a circle rapidly three times. This helps the leaves to cling to the side of the cup. Next, slowly tip the cup into the saucer until all the liquid drains away.

The handle of the cup represents the "sitter" in his or her own "sphere" or "residence" and is the south point of the compass. This fixed point designates the present; the sides, events not far distant; and the bottom, the distant future. The nearer the tea-leaf symbols are to the handle, the nearer to fulfillment will be the events foretold. This allows you to add a bit of spice to your reading by letting your sitter know how soon he can expect results.

As the cup is viewed from various angles, the leaves assume different shapes that become symbols to be interpreted. These symbols should be read in relation to each other. A ring by itself, for instance, means marriage but, if it is surrounded by other leaves, it means a profitable marriage but, alas, not a happy one.

Pictured are many shapes the leaves can assume and their meanings. It's a good idea to practice on yourself first until you get your imagination whipped into shape.

continued on page 12

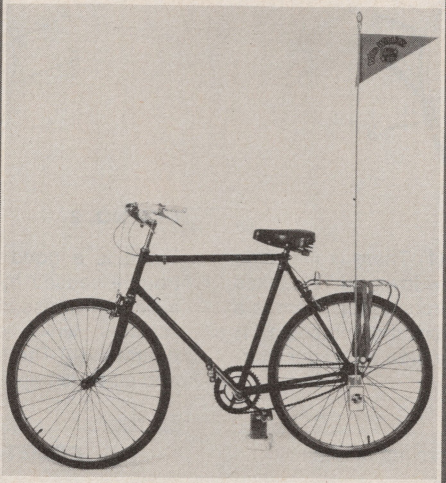
continued from page 9

working women in this country. For example, did you know that women work for the same reasons men do — to support themselves or others, and the average woman worker is slightly better-educated than the average male worker? Contact the Women's Bureau, U.S. Dept. of Labor Employment Standards Administration, Washington, D.C. for free copies.

As part of their contribution to 1975's **International Women's Year,** Sears, Roebuck and Company has created a series of short documentary films that show women in image-shattering occupations, such as sea captains, plumbers, engineers, etc. These films will be shown by TV stations across the country during the rest of this year.

BICYCLES

Bicycles are a part of everyday economical living, but with vacation time they become even more popular. For bike safety, the **"Whip Lite"** consists of a bright red flag that shows above the head of the rider and is also a flashing light that can be seen at night from any direction.



Available at $9.95, the "Lite" is available from Weddington Mail Order, Dept .77, 6091 Matthews-Weddington Rd., Matthews, N.C. 28105.

The American Youth Hostels publishes a ***Bicycle Touring Atlas*** for $1.95. A.Y.H. is at 132 Spring St., New York, N.Y. 10012. **Touring information** can also be gotten from Clifford L. Franz, League of American Wheelmen, 36 Grand Ave., San Mateo, Calif. 94401. And for a free catalog of books about bicycling, write P.O. Box 208, Nevada City, Calif. 95959. Two excellent books on cycling tours have recently been published: ***Bicentennial Bike Tours,*** edited by Marian May, (Gousha Publications, $3.95), and Sue Browder's ***American Biking Guide and Touring Atlas*** (Workman Publishing Co., $5.95).

THE BIG BIRTHDAY

One way to join the Bicentennial movement is with Thomas Cook's **motorcoach tours,** tracing the 200-year-old steps of the Continental Army. Their 16-day program begins in Boston, finishes in Washington, D.C., includes historic sites in Vermont, New York, New Jersey, Pennsylvania, Delaware, Maryland and Virginia. Available now through the end of October, the tour costs $772 with nine-day packages priced at $417. □

Tomorrow the salmon.

Today the tuna.

If you're eating your fish regularly you should know what we have for you.

It's 5 no-fuss single-portion sizes of delicious Bumble Bee fish: 1) solid white tuna, 2) chunk light tuna, 3) chunk white tuna, 4) blueback salmon, and 5) coho salmon.

You may only be familiar with one or two of these Bumble Bee seafoods. But you really ought to try the rest. They're every bit as fresh and good as your favorite.

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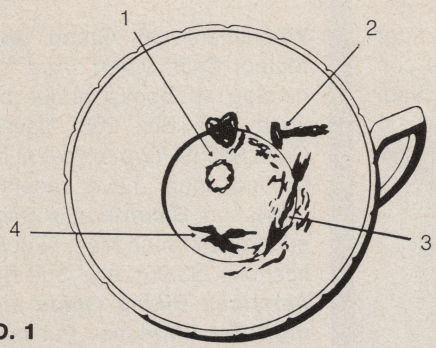
Bumble Bee Bumble Bee Seafoods, Astoria, Oregon. A Division of Castle & Cooke, Inc.

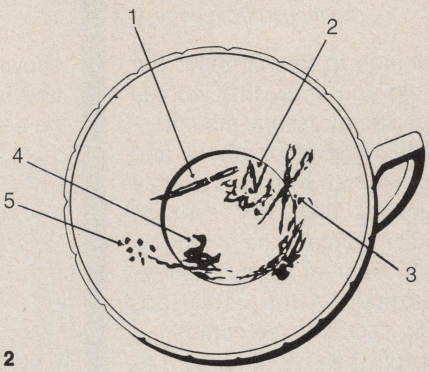
TEACUP

continued from page 10



CUP NO. 1

This teacup holds a very pleasant fortune. (1) There is marriage for you, and it appears to be the one you now love. (2) This takes place after some present difficulties are overcome. (3) There is a letter coming to you from a westerly direction, that indicates (4) a happy change of residence. This may coincide with your marriage. It's all in the way you read.



CUP NO. 2

There is a good and a bad outlook in this teacup. (1) Some trouble caused by quarrels. (2) These quarrels seem to be with a person whose initial is "N." (3) This is further indicated by the scissors, which also show you may lose the friend through quarrels. (4) There is an interlude and finally success in business and all ends happily, and (5) with much good luck.

ACORN — Continued health — improved health.

ANGEL — Bearer of good news, especially in love. Sure happiness.

ANTS — Evil omen — impending difficulties.

APPLE — Gain in business. Long life.

BASKET — Addition to the family — either by birth, marriage, or adoption.

BAT — Undertakings will be fruitless.

BEASTS — Wild beasts foretell misfortunes.

BOAT — A friend will come to visit.

BOUQUET — Most lucky. Loyal friends — happy marriage — success.

BRANCH OF TREE — Good health or health recovered.

BROOM — Changes in life.

BULL — Slander by enemies. Take warning.

BUTTERFLY — Success and happiness.

CASTLE — An inheritance, probably unexpected.

CAT — Beware of trouble caused by treachery.

CHURCH — A small legacy.

CIRCLES — Money or gifts. If broken, presents to be received after some delay.

COFFIN — News of death of a close friend.

COMET — Misfortunes — worry — grief.

COMPASS — Travel.

CROWN — Success.

DOG — Faithful friends.

DOVE — Will receive affection.

DRAGON — Sudden changes.

DUCK — Success in business — wealth.

EAGLE — Happy and successful change of residence.

FEATHER — Good news if distinct and bad news if cloudy.

FERNS — Fresh activities.

FISH — Good news from afar. If in the midst of dots, a long journey.

FLAG — Warning of danger.

FLOWERS — Good fortune or possible happy marriage.

FOX — Treachery on the part of a close friend — beware of one you have trusted.

FROG — A good omen — success in business and in love.

GOAT — Enemies are in close proximity.

GOOSE — Success in any venture.

HAT — Small success. Possible small legacy.

How to make perfect hot tea

IN A TEAPOT:

1. Preheat your teapot by rinsing it out with hot water.
2. Bring fresh, cold tap water to a full rolling boil.
3. Use one teaspoonful of loose tea, one teabag or one teaspoon instant tea per cup (about 5½ ounces) of water.
4. Pour the boiling water over the tea and let stand 3 to 5 minutes.

continued on page 60

IF THE IDEA IS TO LOSE WEIGHT AND TO

...KEEP THAT WEIGHT LOSS

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WEIGHT WATCHERS MAGAZINE IS THE MOST WIDELY READ MAGAZINE IN THE WORLD ON THE SUBJECT OF WEIGHT LOSS AND ON MAINTAINING THAT LOSS. ON THE PAGES OF THIS MAGAZINE YOU'LL FIND STORIES, ADVICE, TRUTHS AND DOWNRIGHT INTERESTING READING ON WHERE IT'S ALL AT ABOUT BEING FAT AND THEN — NOT BEING FAT.

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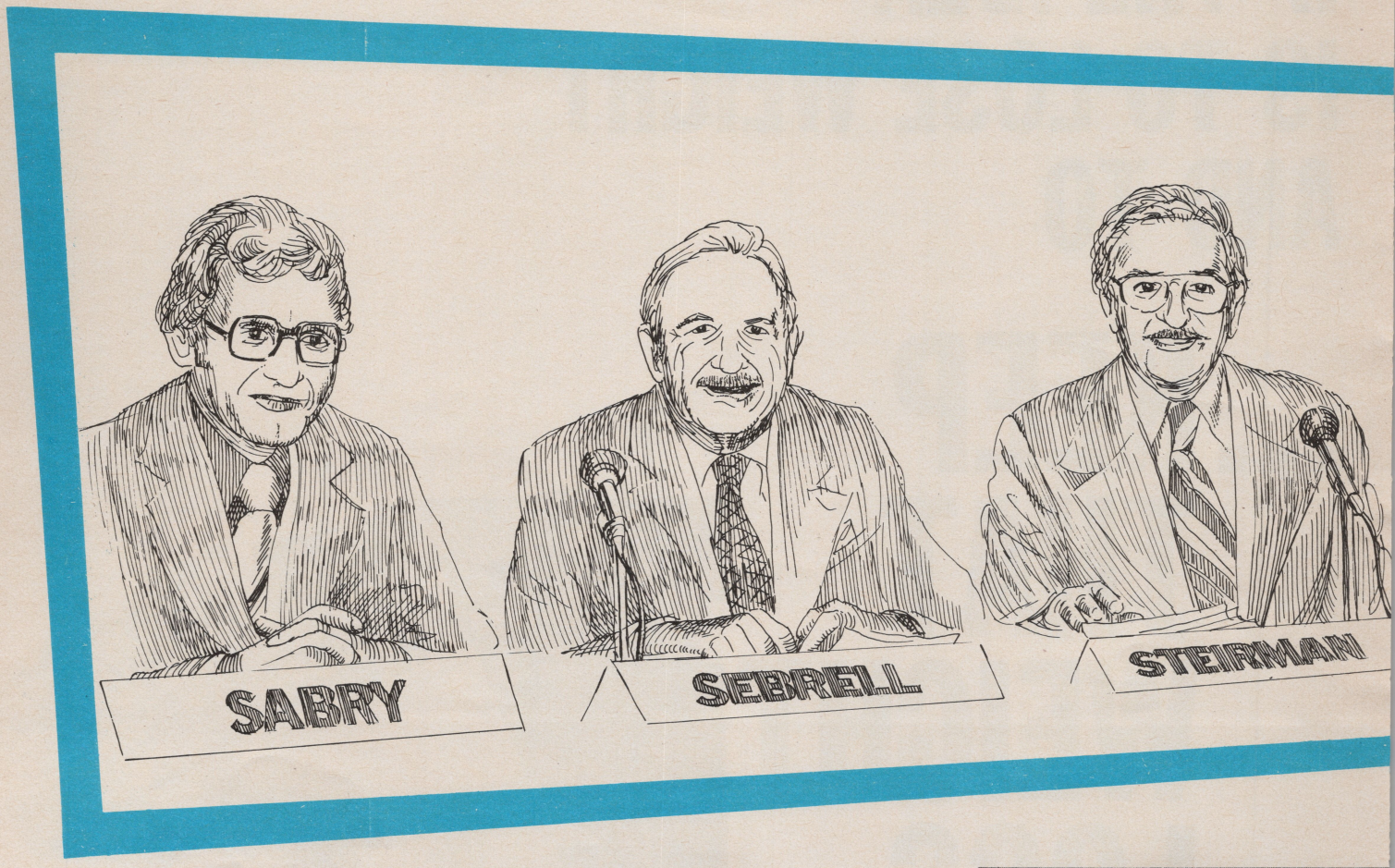


4 Doctors Talk—

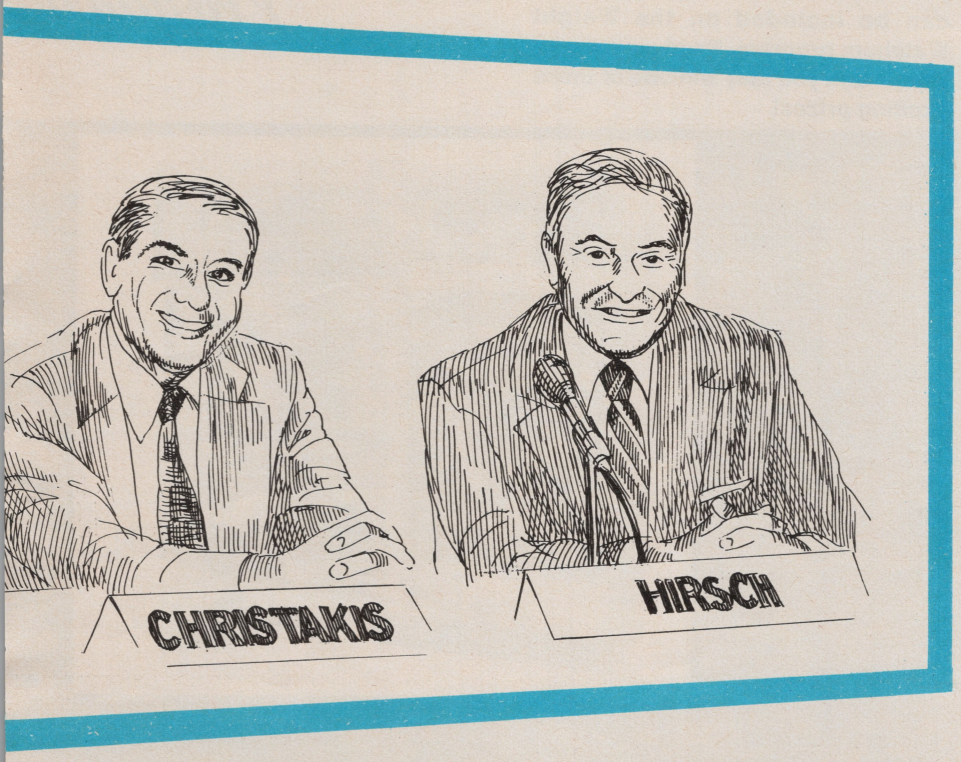
Are You Doomed To Be Fat?

Heart Disease & Obesity

The Wrong Ways To Lose Weight

The following is an edited transcript of a panel discussion moderated by Weight Watchers magazine publisher, Hy Steirman. The doctors who participated in the panel:

Dr. Jules Hirsch, Professor and Senior Physician at Rockefeller University and Hospital, is involved in basic research on obesity, such as the biology of food intake control. His article, "Can We Modify The Number Of Adipose Cells?" has received wide acclaim and discussion.



(Adipose refers to the amount of fat in certain cells, often called by laymen, "The Fat Cell Theory.")

Dr. George Christakis, Clinical Professor of Epidemiology and Public Health, University of Miami School of Medicine, is concerned with that branch of medicine that deals with the incidence, distribution and control of disease in a population. He is also Nutritional Consultant to the Palm Beach County Health Department, and is principal investigator at the Risk Factor Center (for heart disease).

Dr. W. Henry Sebrell is the former director of the National Institute of Health, and of the Institute of Human Nutrition at Columbia University. Dr. Sebrell served for almost 25 years in the United States Corps of Physicians, advancing to Assistant Surgeon General. He is recognized as an authority on Nutrition by every national and international organization in the field. Among his past credits —Chairman of The Protein Advisory Group for UNICEF.

Dr. Zak Sabry, currently of Nutrition Research Consultants, Ltd., was Professor of Nutrition at the University of Toronto. He left that post in 1970 to conduct the Canadian National Nutrition Survey. He received his Ph.D. in Biochemistry from Pennsylvania State University.

ARE YOU DOOMED TO BE FAT?

DR. JULES HIRSCH:
I am very much interested in the problem of obesity as an example of the more general problem of how people and how animals store fat. Now, I am sure you are all aware of the fact that every complicated organism stores some fat. And for a long time it was thought they stored fat just because it was a cushion and insulator. Undoubtedly, it has such functions, but it also looks as though it is also chemically, or metabolically, important for all animals to store fat. In fact, it turns out that this is our chief calorie reserve . . . we sleep through the night and we can go a day or two without eating without disastrous consequences. Indeed most of us could go 20-to-30 days without food if we had to. What would sustain us in terms of energy needs, during that time, would be the fat that we have.

Under normal, healthy, circumstances about 10 or 15% of our body weight is fat. When we have more than that, we call ourselves obese. Clearly it is undesirable to have more. Dr. Christakis will tell you why from a medical viewpoint, but we all know from a social,

continued on page 50

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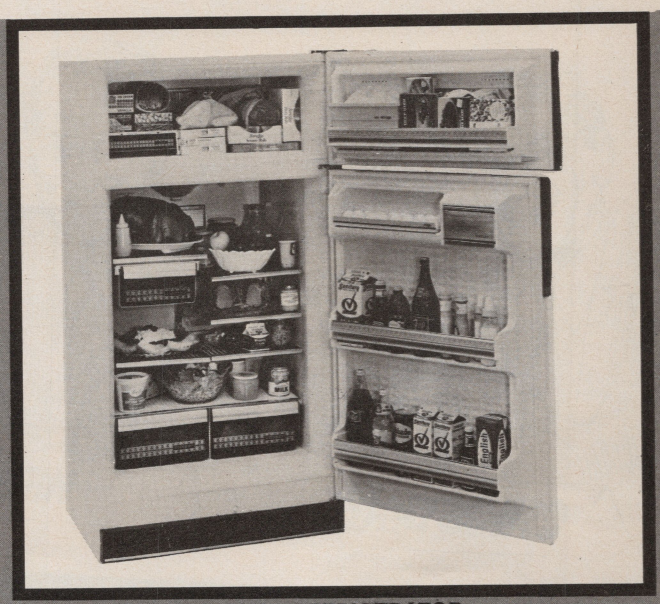
If you are proud of your ability to create outstanding recipes, then try your hand at "inventing" a dish that can be included on the Weight Watchers program. Send us your recipe — and you may win one of these exciting prizes!

For the Top Winner, Three Prizes!

A TOTAL RETAIL VALUE OF $1,580! (Approx.)

Fabulous Amana products, each with Amana's exclusive 5-Year Warranty for parts and related labor when used under normal conditions.



AMANA ENERGY SAVING REFRIGERATOR
Amana's 16 cubic-foot Free-O'-Frost refrigerator uses slightly more electricity per day than a 100-watt bulb, a major savings in operating costs. Refrigerator includes Amana's exclusive "Refrigerator-Within-A-Refrigerator" meat keeper with its own temperature control; two automatic cold controls (one for freezer, one for refrigerator); convertible doors that can be changed from left-hand to right-hand in minutes; five half-width cantilever shelves; optional decorator trim. Approximate retail value, $580.

For 5 Second-Prize Winners...

Braun's KITCHEN MACHINE! Retail value, $175 (Approx.)

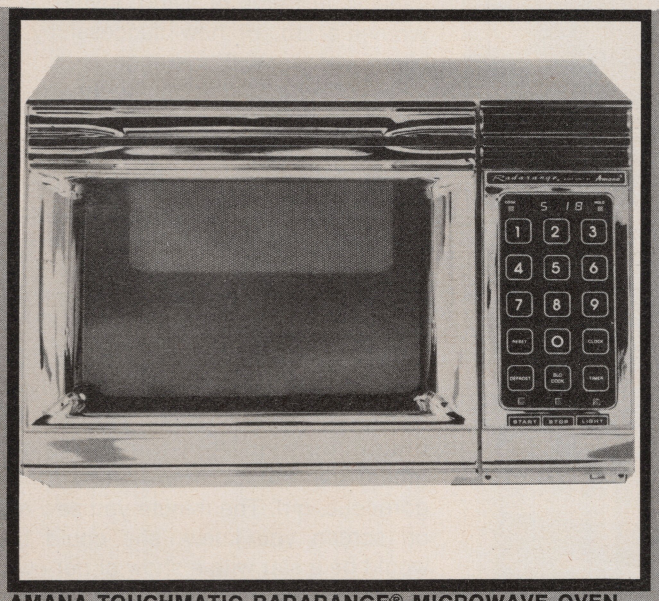
25 Third Prizes:

A personally autographed copy of the best-selling Jean Nidetch book, *The Story of Weight Watchers.* Or... if you already have a copy of the book, we'll send you a two-year subscription to *Weight Watchers Magazine* or extend your current subscription for two years.

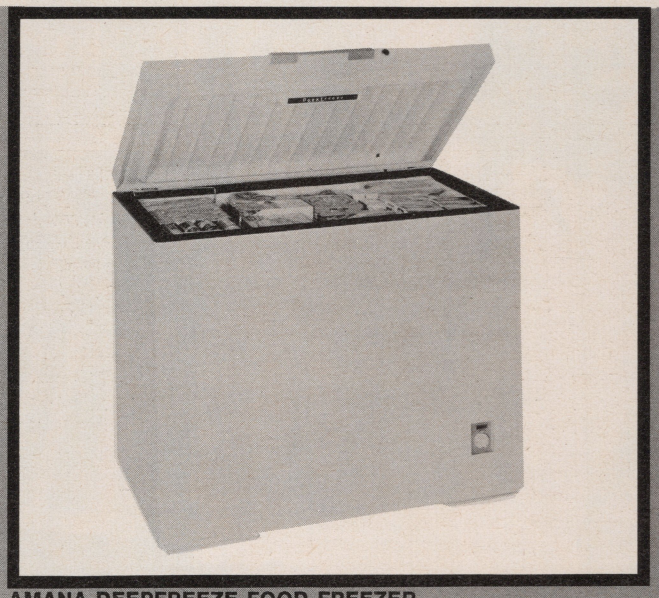
THE BRAUN KITCHEN MACHINE
The heart of Braun's food preparation system is the 3-speed mixer, equipped with two mixing bowls, beater whisk and spatula. A powerful machine, yet gentle enough for whipped topping, and so easy to clean. Two easy-position attachments come with the Kitchen Machine. *Shredder-Slicer* slices or shreds fruits and vegetables in seconds, is perfect for grating cheese or dry bread. *Blender* coverts the Stand Mixer to a full 28-ounce blender for all those special mixing jobs.

Magazine's 8th Annual Gourmet Recipe Contest!

It's so simple to participate in this unusual contest. Just create your own original, "legal" dish(es) for those who follow the Weight Watchers program — and send it along to us with your name and address. That's it, nothing more to do. Nothing to buy, nothing to clip out! You don't have to be a member of Weight Watchers to enter. Anyone can win!



AMANA TOUCHMATIC RADARANGE® MICROWAVE OVEN
Amana's microwave oven features a built-in solid-state computer that lets you set cooking times, gourmet slow cooking, defrosting and even time of the day; touch the instructions and forget it — Touchmatic does it all. Digital electronic display tells time programmed for cooking functions as well as time of day when oven is not in use. Ideal for cooking special meals not consumed by entire family. Radarange® saves between 50% and 75% of electrical energy needed to cook most foods with a conventional oven. Approximate retail value, $600.



AMANA DEEPFREEZE FOOD FREEZER
Amana's 15 cubic-foot food freezer features adjustable temperature control; counterbalanced lid that stays open by itself; removable baskets with dividers to allow for better food organization; inside light; defrost drain; lock that prevents unauthorized openings. Approximate retail value, $400.

HERE ARE THE RULES:

1. *Weight Watchers Magazine's* Eighth Annual Worldwide Gourmet Recipe Contest is open to anyone in the United States and Canada, except employees of Weight Watchers International, Inc., *Weight Watchers Magazine* and employees of their advertising agencies, or anyone in the weight control business. It is also not open to anyone connected with Amana Refrigeration, Inc., or Braun North America, or any of their agencies (first or second place winners only). There is no charge for entering.

2. Recipes must be typed or handwritten legibly on only one side of a sheet of paper no larger than 8½ x 11 inches. Illegible entries will not be considered.

3. Contestant's name and address, including ZIP code, and telephone number must appear plainly on top of each sheet submitted.

4. Do not send more than one recipe in each envelope. If you wish, include a statement of not more than 50 words on the origin of the recipe.

5. Recipes may be for a snack, appetizer, entree or dessert and will be judged on a basis of distinctiveness, practicability, taste and suitability for inclusion on the Weight Watchers program.

6. Prizes will be awarded as listed, with no substitutions, and the decision of the judges will be final. If a particular prize is not available at time of judging, a similar prize of equal value will be substituted. This offer is void in areas where prohibited by law. Only one prize to a family. Contestants must agree that any prize won will not be resold.

7. All recipes submitted become the property of *Weight Watchers Magazine,* which has the right to edit in any way and publish winning recipes as well as names and addresses of the winners.

8. Entries should be addressed to Gourmet Recipe Contest, Weight Watchers Magazine, 635 Madison Avenue, New York, N. Y. 10022. They must be postmarked no later than midnight, September 1, 1975. The sponsor is not responsible for entries lost or unduly delayed in the mails.

IMPORTANT GUIDE

Y*our* recipe may be the Grand Prize-winner: It can happen. After all, if your family and friends think your special *dish deluxe* is the best in the world, chances are our judges may think so, too. To help you present your creation at its very best, keep these tips in mind when you write your recipe:

1. Use measurements based on *level* standard measuring spoons or cups.

• One-quarter teaspoon cinnamon, for example, means a standard measuring spoon equal to ¼ teaspoon filled to the top with cinnamon. A spatula or the flat side of a knife is then used to scrape away any cinnamon that may have mounded up over the sides of the spoon.

• For cup measures, follow the same procedure. Measure ⅓ cup non-fat dry milk with a standard measuring cup equal to ⅓ cup. Use a spatula or the flat side of a knife to scrape away any non-fat dry milk that may have mounded up over the sides of the cup.

• "One capful" of vanilla extract (or anything else) is not an accurate measurement. The size of caps varies from one brand to another, even from one size to another. (A 1-ounce bottle of vanilla extract has a different cap than an 8-ounce bottle.) *If you have never measured the amount in your recipe with a spoon instead of a cap, do so before entering the contest.* Pour the capful into a measuring spoon to get the exact measurement. This holds true for cans and cups, too. Use "1 cup canned green beans" instead of "½ can green beans."

Also, be sure to give correct means of measure, whether by cup (volume) or scale (weight).

2. Offer a guide when you want to use an ingredient to the cook's taste. For example, say, "¼ teaspoon garlic powder or to taste" instead of "garlic powder to taste."

3. If baking is part of the preparation of your entry, be sure to give the oven temperature at which it should be baked, and the baking time.

VALERIE HARPER: Slender

photograph by Gene Trindl, Globe

"What is a woman's greatest challenge?" I once asked Valerie Harper, thinking in terms of living, loving, and Women's Lib, of how successfully to blend a career with marriage . . .

"FAT!" she said instantly, then gave a cry of pure delight, and added, "I know what you mean. I guess growing up all the way . . . really coming into full adulthood . . . being a full person. That's the challenge. I answer 'fat' first because I'm always aware." She dove into her salad at The Hidden Health Inn where we were lunching.

That was when she was in the third year of *The Mary Tyler Moore Show,* when, all of a sudden, Rhoda (the plump fugitive-from-the-Bronx girl friend) came back from hiatus, a trim gorgeous, girl. The minute you saw her on screen you knew: she could be, would be a star with a show of her own.

That Valerie is a gifted actress has never been a question to audiences who have seen her in characters as different as Rhoda Morgenstern on TV, to Henny Penny on Broadway in Paul Sills' *Story Theatre,* to the goddess Juno in Sills' *Metamorphoses.* For further confirmation, during this last hiatus, she played one dramatic role after the other with the Seattle Repertory Theatre. There is no one in the business better at improvisation, and she has three Emmys to prove it.

There also has never been a question that Valerie is a growing person, one of the warmest, most loving of women. Hers is a zest for life, a deep caring for people. She has prompted her friend Mary Tyler Moore to dub her "Mother Earth." Alan Burns, who with Jim Brooks, is co-creator and co-executive producer of her show says, "She mothers men, women, dogs, other actresses—I can't understand how anyone can be as giving and still be an actress."

"The first thing I can tell you about Valerie . . . she is so damn lovable in so many ways that objectivity is impossible to anyone who knows her," says her friend, actor Jeremy Stevens. "And I *know* her . . . have since she and my sister Penny were dancing in the chorus, rehearsing for the Broadway musical, *Wildcat.* She's my sister's oldest, dearest friend. In fact, it was Penny who introduced us one after-

"Rhoda's" Success Story

By Jane Ardmore

noon in the Carnegie Delicatessen. Penny had been telling me I had to meet Val. She said she treasured her beyond all people, and considered her the best dancer on Broadway.

"When I saw her dance, it seemed that a force from somewhere else had lifted her; her feet never touched the ground. As I've found out over the years, that 'force' was simply her spirit, which soars.

"One of the most endearing things about her at our first meeting, was that she rivalled me for sheer joyous pigishness in eating — lots of fingers, lots of grunts, squeals of delight."

He remembers a time when he drove Valerie to Palm Beach a year or so after she and actor Dick Schaal were married. Dick was performing there. They rented an enormous car. As it turned out, they needed every inch of it. When Jeremy picked her up, Valerie came out with two suitcases and 15 bags of food — tons of fried chicken and everything to go with it.

"She will feed you and feed you and then worry about whether she's fed you. She will cram enormous amounts of food and love and concern for every aspect of your welfare into your immediate vicinity and then make sure you take it all in.

"There is her laughter and joy of living. She can laugh about everything and yet care about it too. Valerie is catching. When you're with her, you share in the exhilaration of existence."

Jeremy won't forget the day in Hollywood when she called to tell him, "Hey, listen. I've got a terrific part on a new series for the fall. I'm going to be Mary Tyler Moore's best friend. I have to be chubby. See that? My massive ass is coming in handy." Then Dick got on the extension and they all laughed and Valerie said, "Let's celebrate — we'll go eat Mexican."

What changed Valerie from the Rhoda character who was always looking for a man and not finding him to the glamorous star who "married" Joe [actor David Groh] on *Rhoda* three weeks after the show's debut (and immediate rise to the top of the ratings)? Perhaps, it was a few words from her friend Cloris Leachman.

"I've been very affected by Cloris' influence," she says frankly. "She has brought so many things into focus for me as a person. We are more than friends, better than family. I really feel a bond with her. Most people don't know what they think. Cloris truly knows. She's outspoken about things she believes in. She's very *into* health. If she loves you, she wants to educate you. She said just one thing, very gently, when we were working together on *The Mary Tyler Moore Show.* She said, 'Valerie, why are you carrying so much weight around? Why do you do that to yourself?' She was saying it in love and honesty. So I began to wonder about it. Then Gavin MacLeod, the guy who plays Murray, got me to join Weight Watchers."

(Valerie is a member of the Weight Watchers of greater Los Angeles. She is now on a Maintenance Plan.)

Mary Tyler Moore tells the story best. "One of the agonies of Rhoda, as she was originally written into our show, was that she was rather dumpy and not too attractive to men. Val weighed about 150 pounds during that period and was dumpy — something she didn't like at all. Then, when we started our dancing classes, Val began to lose weight. Near the end of the year she came to me, terribly concerned, and asked if I thought she should put it back on so the jokes wouldn't be ruined. I told her to go ahead and lose, that she didn't want to be my chubby sidekick all her life anyway."

That summer, Valerie went to Florida where Dick was again in a play. She saw all the beautiful girls in bikinis on the beach, saw how healthy they looked, remembered what Cloris had said. That was when she really went down from 150 to 125.

When the slender Rhoda showed up on the set for the start of the new season, the writers were understandably nervous. They had a meeting with Valerie and said, "Look, we're doing all these fat jokes in the new scripts and you aren't fat any more. What are we gonna do?" Valerie answered, "You're absolutely right. How selfish of me to have lost all that weight. I'll eat Italian for a few weeks and put it back on."

"She did, too," Mary remembers. "Bless her heart. But nobody had thought she would. So, the writers had begun dreaming up thin stories to go with her new figure. By the time she was back to her old dumpy self, they had a bunch of them ready to go. So she took the weight all off again — and kept it off. The old movie cliché that says the leading lady must be chic and slim and the sidekick squat and ugly doesn't impress our writers. They ignore such rules — which is one big reason our show works so well."

Nothing more dramatic can happen to any woman than to create an entirely new image. And when you do it before 40 million viewers! *Los Angeles Times* columnist Joyce Haber, meeting her for lunch one day, found Valerie so outspoken, so honest and so funny about the whole thing, she proceeded to write a hilarious piece for the Times' *Calendar.* The place: a little restaurant across the street from CBS. As Joyce tells it:

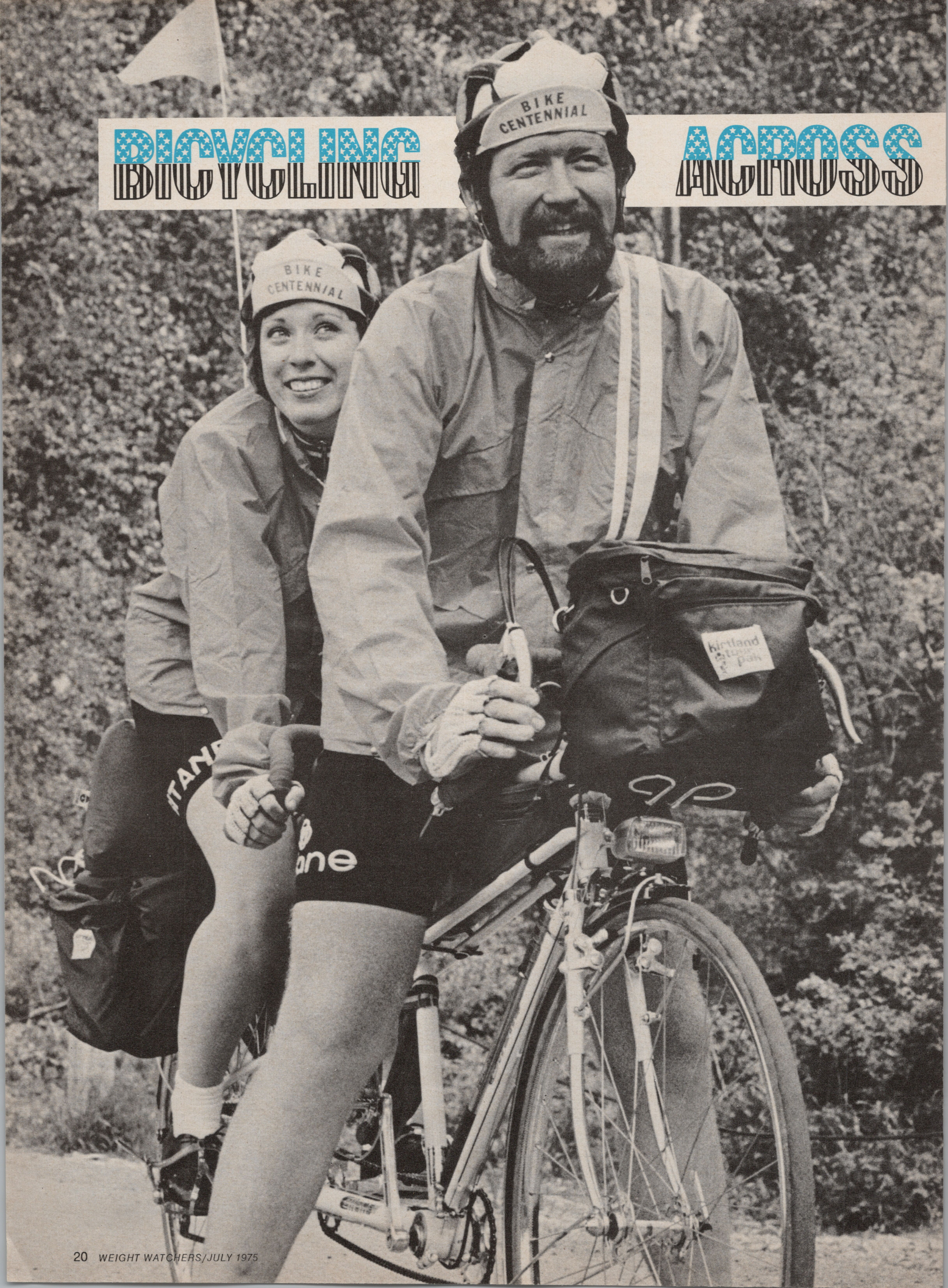
Valerie sighed. "It's a constant battle. I went back on the Program three days ago. I lost 20 pounds on it last year. I'm holding around 130. I'd like to be 120. This Weight Watchers . . . You can even eat bread . . . three fruits a day. And you can't eat under. You have to have milk every day. I've got the Weight Watchers' folder here, if you're really interested. I don't know if they'll take you, you're so light."

She opened her lunch box and indicated some papers . . . took out a can [showed it to Joyce] . . . "It's pimentos, that's a free vegetable, which means you can have unlimited amounts" . . . and something wrapped in foil. "This is bread and salmon I brought from home. I'll just order lettuce and make a nice salad." The waitress returned with our food. . . . "What's this? Cabbage. Oh, that's cool. That's a #3. I'll pretend these pimentos are olives. . . . It's just lunch that's tough [for me]. Last night, Dick and I went to the Luau. I had a steak. I took my little scale with me. . . ."

Like everything else in life, when she does something, Valerie Harper does it. She always has. She was only two when her parents took her to see the Ballet Russe de Monte Carlo in New York City. Midway through the performance she announced, "I am going to be a dancer, I'm going to be a dancer!" Ballet lessons started when she was ten.

continued on page 54

BICYCLING ACROSS



THE U.S.A.

The couple who pioneered the route of the Bikecentennial

By Trish Heuther

When cycling enthusiasts started a Hollywood-like talent hunt for a young couple who would be willing to bike across the continent, the least likely twosome were two overweight young people in Garden Grove Center, Santa Ana, Calif., members of a Weight Watchers class.

Linda Thorpe, 22, wanted to trim off 13½ pounds and Jim Richardson, 27, 71½ pounds. As it turned out, the classmates became friends, then dated, then discovered they were "bikeys," a name given to people who go around in cycles.

With the shedding of weight and the increasing of energy, the couple applied and were accepted to be the Bikecentennial* pioneers to ride a tandem bike on a 4,142-mile trek from the Pacific to the Atlantic.

"I had a fear of not being able to make it," Linda confesses, but the route itself, which covered some of the nation's most beautiful countryside, intrigued her enough to try.

Starting off from Reedsport, Ore., the city-raised couple soon found themselves in the middle of a rodeo. The town, completely swept up in rodeo "fever," didn't quite know how to take to the pair. Sitting in a bleacher filled with cowboys in ten-gallon hats, Linda found herself the only person cheering when a calf escaped the lariat's noose. She and Jim quickly moved on down the road.

Then, in Prineville, Ore., they discovered their first "old-fashioned" ice cream parlor. It seemed like something straight out of grandmother's day. In fact, the sentimental appeal of the family-owned establishment made it a haven after their difficult beginning. "We began looking for places like this," Linda said, "for the ice cream we were allowed on the maintenance plan." (Linda, at 5 foot 8, had lost 13½ pounds to reach her goal of 150; Jim, at 6 foot even, was at his goal of 172.)

Leaving Oregon, Jim and Linda pedaled on through Idaho, Montana and Wyoming. By now, they had encountered many fellow Americans, and had found them "terribly kind and very curious about what we were doing."

Linda remembered a "typical" reaction from a woman in Rawlings, Wyo. She and Jim were exhausted after fighting 30-mile-per-hour winds and 68 miles of hilly road. As they rested on the grass of a small park, an elderly woman approached them. She was intrigued by their clothes, she told them, and wondered who they were. Linda explained that their red, white and blue jerseys (which they always wore when cycling), represented the Bikecentennial. The woman nodded and disappeared. A few minutes later, she returned with refreshments.

Among the kindest people were fellow Weight Watchers members. The Weight Watchers offices along their route had been contacted by Jim and Linda's chapter in Santa Ana. Often they arrived in a new place to find that free lodgings had been provided for them. With 1,500 miles of trail behind them, Jim and Linda realized that the people were giving them the courage to go on.

On the road, Colorado's Rockies first appeared as a tiny speck on the horizon. As Jim and Linda neared, it grew into

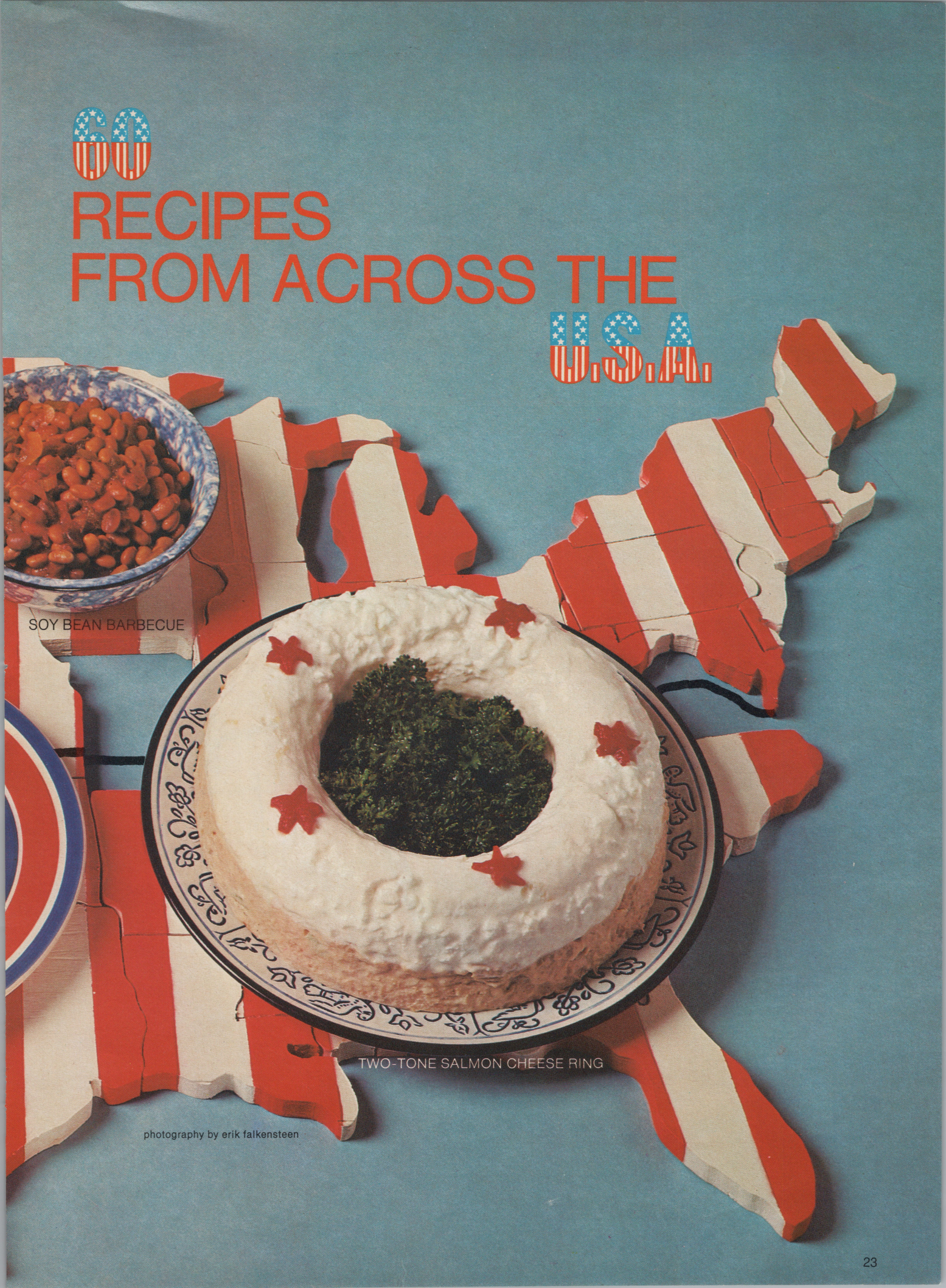
continued on page 53

*Bikecentennial is an organization dedicated to the establishment of public bicycle recreation facilities and programs; educating the public as to bicycle usage and safety; and promoting knowledge and understanding of America through bicycle travel.

(Top) Jim and Linda before losing weight; (above) in Jamestown for their wedding.

BORSCHT WITH CRANBERRIES
LAMB STUFFED RED PEPPER
WESTERN STEAK

60 RECIPES FROM ACROSS THE U.S.A.



SOY BEAN BARBECUE

TWO-TONE SALMON CHEESE RING

photography by erik falkensteen

VEAL PAPRIKA
ASPARAGUS WITH COLD FISH SAUCE
CRUNCHY FRANKS

60 RECIPES FROM ACROSS THE U.S.A.

WE do it all the time . . . but what is American cooking?

☆ It is food for people on the go.

☆ It is rich, not in sauces or seasonings, but in fine ingredients — from the produce of Florida, Arizona and California to the beef lands of New Mexico, Montana, Texas, Colorado to the fisheries of Maine, Washington, Cape Cod (Massachusetts), Chesapeake Bay (Maryland) to the granaries of Kansas, Indiana, Oklahoma, Iowa and Nebraska.

☆ It's ethnic too — Italian, German, Swedish — a mixture of the native meals of our immigrant groups.

☆ And it's inventive. . . . When the first inhabitants of the Massachusetts Bay Colony found cranberries growing in abundance, they soon learned to use the berries as a sauce to accompany meat and a delicious addition to bread and muffins. In the Louisiana Territory, shrimp, plentiful from the Gulf of Mexico, was substituted for traditional ham to yield a superb version of Spanish jambalaya.

☆ In our various regions from Southern Plantation Hominy Grits to Western Steak barbecues, we have perfected the tradition of blending the elements from the rest of the world with a peculiarly home-grown touch.

☆ In this pull-out and save mini-cookbook, we salute the various regions of America!

Compiled by Miriam Crane Gordon, Food Editor

illustrated by dan nevins

RECIPES FROM ACROSS THE U.S.A. *continued*

ANYPLACE CHICKEN

California-style chicken with a light oriental taste.

- ½ cup chicken bouillon
- 3 tablespoons soy sauce
- 1 tablespoon sherry extract
- 2 teaspoons lemon juice
- artificial sweetener to equal 4 teaspoons sugar
- 1 clove garlic, crushed
- ¼ teaspoon allspice
- 1 2½-3 pound chicken, cut-up, skin removed

Combine bouillon, soy sauce, sherry extract, lemon juice, artificial sweetener, garlic and allspice. Pour over chicken in deep bowl. Let stand at room temperature 1 hour. Place chicken on rack in broiler pan. Brush chicken with soy-bouillon mixture. Broil about 4" from source of heat 20 minutes or until chicken is cooked throughout and browned. Turn once during broiling; spoon soy-bouillon mixture over chicken, several times. Makes about 4 servings.

ASPARAGUS WITH COLD FISH SAUCE

(AS SHOWN)

Cold fish sauce is good served over green beans too.

- 4 ounces cooked fish, flaked
- 2 tablespoons skim milk
- 2 tablespoons freeze-dried chives
- ⅛ teaspoon mace
- 5 large or 10 medium asparagus spears, cooked
- Pimiento strips

In blender combine fish, skim milk, chives and mace. Run at medium speed 45 seconds or until mixture is smooth. Chill thoroughly. At serving time, place asparagus on luncheon plate. Spoon chilled fish mixture on asparagus. Garnish with pimiento strips. Makes 1 serving.

In this issue . . .

In any recipe for more than one serving, it is important to mix the ingredients well and divide the mixture evenly so every portion has an equal amount of each ingredient.

Also, in recipes where the liquid as well as the solid parts have to be divided evenly, (1) drain the liquid and (2) set aside; (3) follow procedure above for remaining ingredients; (4) add equal amounts of the liquid to each portion.

In addition, don't forget to weigh each portion before eating . . . and to supplement as required.

BORSCHT WITH CRANBERRIES

(AS SHOWN)

East European borscht meets with American cranberries in a delightful friendship.

- 2 tablespoons dehydrated onion flakes
- ¼ cup chicken bouillon
- 8 ounces canned beets
- 1 cup liquid from beets
- 2 cups chicken bouillon
- 2 cups cranberries
- 1 tablespoon sherry extract
- 1½ teaspoons lemon juice
- ¼ teaspoon salt or to taste
- ¼ teaspoon pepper or to taste
- Lemon slices

In blender combine onion flakes and bouillon. Let stand 5 minutes. Add beets and beet liquid. Run at medium speed 60 seconds or until mixture is smooth. Set aside.

In saucepan combine chicken bouillon and cranberries. Bring to a boil; reduce heat. Simmer covered 5 minutes or until skins pop. Pour into blender. Run at medium speed 60 seconds or until mixture is pureed. Combine cranberry-bouillon mixture and beet mixture. Add sherry extract, lemon juice, salt and pepper. Serve hot or cold. Garnish with lemon slices. Makes 4 servings.

BRAISED CUCUMBERS

A midwestern "farmhouse" favorite.

- 2 medium cucumbers, thinly sliced
- 1 teaspoon imitation bacon-flavored salt
- ⅛ teaspoon pepper
- artificial sweetener to equal 2 teaspoons sugar
- ½ cup beef bouillon
- 1 tablespoon cider vinegar

Sprinkle cucumbers with bacon-flavored salt, pepper and sweetener. Let stand 30 minutes. In skillet combine beef bouillon and vinegar; bring to a boil. Add cucumbers. Cook covered over low heat 10 minutes. Makes 4 servings.

BRIGHT DELIGHT

Eye-opener, pick-me-up, or nightcap.

- 1 cup orange juice
- 1½ teaspoons lime juice
- dash salt
- artificial sweetener to equal 1 teaspoon sugar
- 2 ice cubes

Combine orange juice, lime juice, salt, artificial sweetener and ice cubes in blender. Run at medium speed 60 seconds. Makes 2 servings.

BRUNSWICK "STEW"

An early Kentucky version of Brunswick Stew was made with squirrel or ground hogs.

- 2 cups water
- 2 bay leaves, crumbled
- 5 peppercorns
- 3 sprigs parsley
- ½ cup diced celery
- 2 chicken bouillon cubes, or 2 packets chicken broth or golden seasoning and broth mix
- 2 cups (1⅓ 10-ounce packages) frozen lima beans
- 4 ounces onions, cut in quarters
- 24 ounces cooked chicken, diced
- 2 teaspoons salt
- ¼ teaspoon pepper
- ½ teaspoon oregano leaves
- ⅛ teaspoon mace
- 4 medium tomatoes, cut in quarters

In saucepan combine water, bay leaves, peppercorns, parsley, celery and bouillon cubes. Bring to a boil; add lima beans and onions. Simmer covered 5 minutes or until vegetables are cooked. Add chicken, salt, pepper, oregano and mace. Cook over low heat 10 minutes. Add tomatoes. Simmer 5 minutes or until tomatoes are just tender. Makes 4 servings.

CAFE AU LAIT SNOW

Popular Georgia dessert.

- 1 cup skim milk
- 2½ tablespoons instant coffee
- 1 envelope (1 tablespoon) unflavored gelatine
- 2 tablespoons cold water
- artificial sweetener to equal 21 teaspoons sugar
- 1 teaspoon vanilla extract
- 1 cup evaporated skimmed milk

Combine skim milk and instant coffee in saucepan. Cook over low heat 5 minutes. Sprinkle gelatine over cold water to soften. Add to coffee-milk mixture stirring constantly until gelatine dissolves. Add sweetener and vanilla extract. Refrigerate until mixture mounds when dropped from spoon.

Beat evaporated skimmed milk at high speed of electric mixer until mixture stands in stiff peaks. Fold into gelatine mixture; freeze. To serve, let stand at room temperature 15 minutes. Makes 6 servings.

CAULIFLOWER CASSEROLE

Substitute Colby, Swiss or other cheese for different good taste.

- 1 cup tomato juice
- ¼ cup tomato puree
- ½ teaspoon oregano leaves
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ⅛ teaspoon paprika
- 2 cups cauliflower florets
- 4 ounces mozzarella cheese
- 2 tablespoons chopped parsley

In saucepan combine tomato juice, tomato puree, oregano, salt, pepper and paprika. Cook over low heat 10 minutes. Place ½ of cauliflower in baking dish. Spoon ½ of sauce over cauliflower. Place cheese in an even layer on sauce-topped cauliflower. Pour remaining sauce over cheese. Bake at 350°F. (moderate oven) 20 minutes or until cheese is melted and browned. Just before serving, sprinkle with chopped parsley. Makes 2 servings.

CHICKEN LIVERS NIRVANA

The combination of ginger, coriander, turmeric and mustard seed is characteristic in Indian and Pakistani cooking.

- 1 pound chicken livers, cut in ½
- ½ teaspoon onion salt
- ½ teaspoon garlic salt
- ¼ teaspoon pepper
- 1 tablespoon lemon juice
- 2 tablespoons instant minced onions
- ¼ cup tomato puree
- ⅛ teaspoon ginger
- ⅛ teaspoon coriander
- ½ teaspoon turmeric
- ¼ teaspoon mustard seed
- ¼ medium green pepper, finely chopped

Sprinkle chicken livers with onion salt, garlic salt and pepper. In non-stick skillet, brown livers on all sides over moderate heat (brown 2 or 3 at a time). Combine lemon juice, onion flakes, tomato puree, spices, mustard seed and green pepper. Add to skillet with chicken livers. Cook over low heat 10 minutes or until livers are cooked throughout. Makes 2 servings.

CHICKEN LIVERS WITH RICE

A favorite in the Catskill mountains area.

- 12 ounces chicken livers
- ½ teaspoon onion powder
- ¼ cup chicken bouillon
- 1 tablespoon instant minced onions
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 cup cooked enriched rice

In non-stick skillet, sprinkle chicken livers with onion powder. Add bouillon and minced onion. Cook over moderate heat stirring frequently 8 minutes or until cooked throughout. Add salt, pepper and rice. Stir lightly until well mixed. Makes 2 servings.

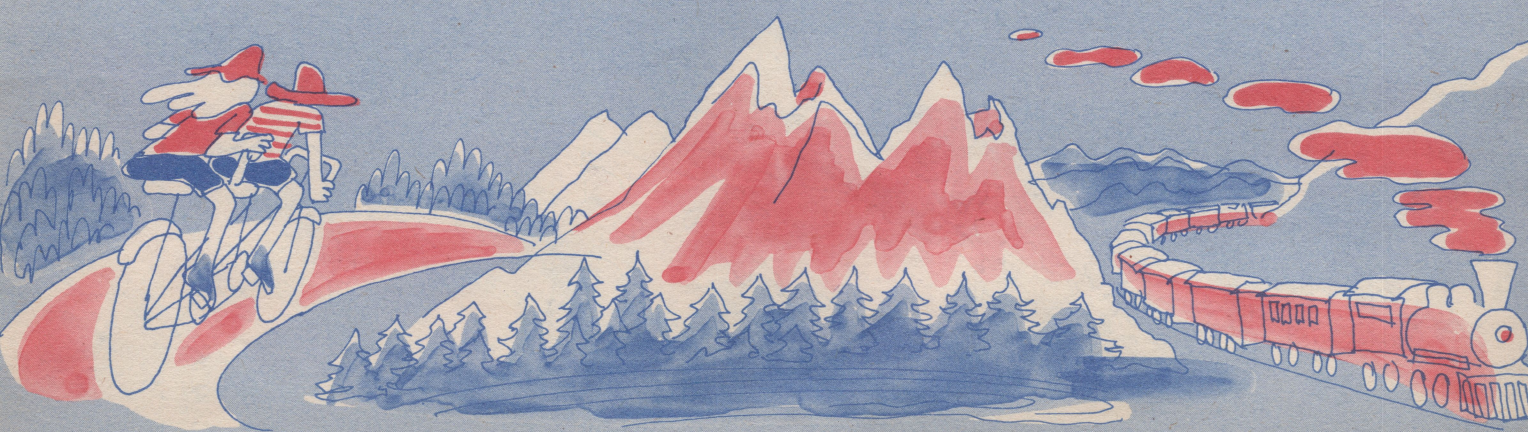
CHICKEN WITH LIME

(AS SHOWN)

Lime juice and garlic, a wonderful combination, is popular in Florida — lime country.

- ½ cup lime juice
- 2 cloves garlic, sliced, or 1 teaspoon garlic powder
- ¼ teaspoon salt
- 2 10-ounce chicken breasts, skin removed
- Lime slices

Combine lime juice, garlic and salt. Pour over chicken in bowl; marinate at room temperature 45 minutes. Drain chicken, reserving marinade. Place chicken on rack in broiler pan. Broil about 4" from source of heat 25 minutes or until cooked throughout. Turn once during broiling; brush with reserved marinade several times. Garnish with lime slices. Makes 2 servings.



CHOPS AND KRAUT

An authentic Pennsylvania Dutch recipe from Lancaster County, Pennsylvania.

- 4 5-ounce pork chops or pork cutlets
- ¾ teaspoon salt
- ½ teaspoon paprika
- ¼ teaspoon onion salt
- ¼ teaspoon pepper
- 1½ cups sauerkraut, well-drained
- ½ teaspoon caraway seeds
- ¼ teaspoon thyme leaves

Sprinkle pork chops with salt, paprika, onion salt and pepper. Bake on rack in pan at 325° F. (slow oven) 40 minutes or until chops are cooked throughout. Turn once during baking. Remove chops to baking dish. Spoon sauerkraut evenly on pork chops. Sprinkle with caraway seeds and thyme leaves. Bake covered at 325° F. 15 minutes or until heated throughout. Makes 2 servings.

CRUNCHY FRANKS

(AS SHOWN)

This vegetable topping moves the all-American hot dog a notch up the social scale:

- 1 cup cabbage leaves, finely chopped
- ½ medium tomato, finely chopped
- 2 ounces onions, finely chopped
- ¼ medium green pepper, finely chopped
- 8 ounces all-beef frankfurters

Combine cabbage, tomato, onions, and the green pepper; mix well. Divide into 2 equal portions. Slice frankfurters lengthwise taking care not to cut all the way through. Broil on rack about 4" from source of heat 4 minutes or until heated throughout.

Divide each portion of vegetable mixture equally and spoon on each portion of frankfurter. Makes 2 servings.

CURRIED SHRIMP SALAD

Far Eastern tang of curry does zesty things for Louisiana shrimp.

- 8 ounces cooked shrimp
- 2 tablespoons lemon juice
- 1 cup sliced celery
- 2 tablespoons chopped parsley
- ½ teaspoon curry powder
- 4 teaspoons mayonnaise
- Lettuce leaves

Sprinkle shrimp with lemon juice; add celery and parsley. Toss lightly until well-mixed. Combine curry powder and mayonnaise. Add to shrimp mixture. Toss lightly until well-mixed. Place lettuce leaves on each of 2 lunch plates. Spoon ½ of mixture on each plate. Makes 2 servings.

COTTAGE CASSEROLE

Lunch-time favorite of Maine loggers.

- 12 ounces cooked potatoes (about 4 medium), mashed
- 2⅔ cups cottage cheese
- 1 cup canned mushrooms, sliced
- 2 teaspoons dehydrated onion flakes
- ½ teaspoon lemon juice
- ¼ teaspoon seasoned salt
- ⅛ teaspoon pepper
- Watercress sprigs

Spoon ½ of mashed potatoes in an even layer in baking dish. Combine cottage cheese, mushrooms, onion flakes, lemon juice, seasoned salt and pepper; mix well. Spoon mixture on potatoes in dish. Spoon remaining mashed potatoes in an even layer on cottage cheese mixture. Bake at 350° F. (moderate oven) 35 minutes. Makes 4 servings.

RECIPES FROM ACROSS THE U.S.A. *continued*

DEVILS WAKE-UP

A southern New Jersey breakfast change of pace.

- 4 cups tomato juice
- ½ teaspoon onion powder
- 1 tablespoon lemon juice
- 1 teaspoon seasoned salt
- 1 teaspoon Worcestershire
- ½ teaspoon coarsely ground pepper
- ⅛ teaspoon cloves
- 1 bay leaf

In saucepan combine all ingredients. Cook over moderate heat 15 minutes. Remove bay leaf. Refrigerate 1 hour or until thoroughly chilled. Makes 4 servings.

EASY CHOWDER

Down-east chowder that will please up-North people, too.

- 2 cups chicken bouillon
- 1 cup onion bouillon
- 1 teaspoon seasoned salt
- ⅛ teaspoon pepper
- 2 pounds perch, salmon, snapper or cod fillets cut in 3" squares
- 12 ounces cooked potatoes (about 4 medium)

In saucepan combine chicken bouillon, onion bouillon, seasoned salt and pepper. Bring to a boil. Add fish; reduce heat. Simmer 5 minutes. Add potatoes. Simmer an additional 5 minutes or until fish flakes easily with fork. Makes 4 servings.

EGG AND RICE SALAD

(AS SHOWN)

Energetic flavor of chili powder gives a pleasant southwestern note.

- 1 cup cooked enriched rice
- 4 hard-cooked eggs, chopped
- ½ medium dill pickle, chopped
- ½ cup chopped celery
- 2 pimientos, chopped
- ½ cup canned mushrooms, chopped
- ½ teaspoon seasoned salt
- ¼ teaspoon chili powder
- 4 teaspoons mayonnaise
- 1 teaspoon prepared mustard
- ½ teaspoon paprika
- Lettuce leaves

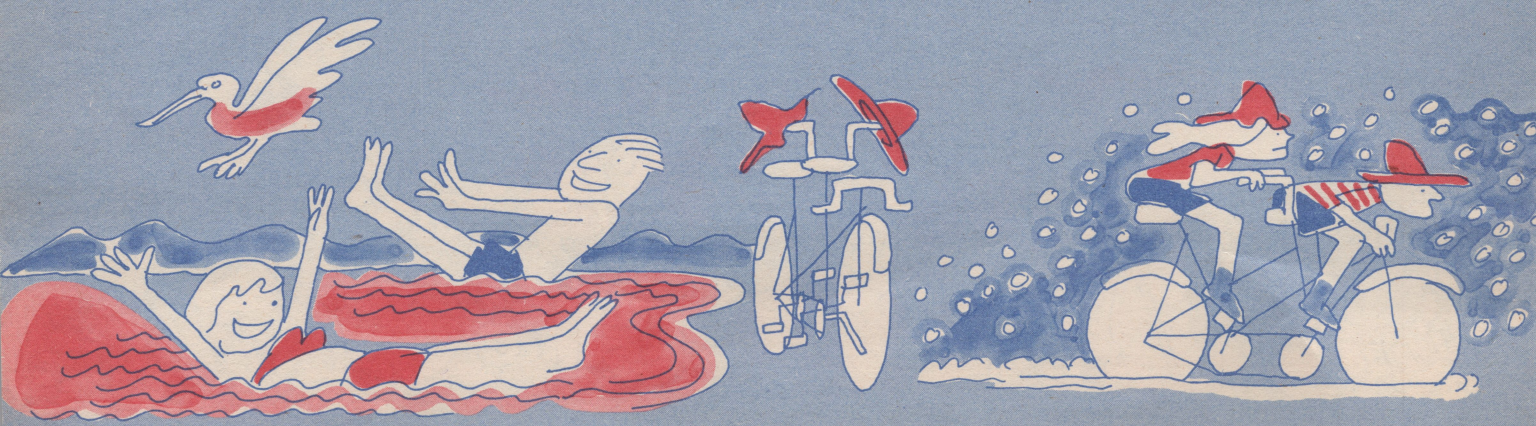
In bowl combine rice, eggs, pickle, celery, pimientos, mushrooms, salt and chili powder. Toss lightly until well-mixed. Combine mayonnaise, mustard, and paprika. Add to mixture. Line each of 2 salad bowls with lettuce leaves. Spoon ½ of mixture into each bowl. Makes 2 servings.

FANCY FLOUNDER

Favorite herbs of Italian cuisine give this baked fish a wonderful fresh taste.

- 1½ pounds flounder fillets
- 2 medium green peppers, seeded and blanched in boiling water 1 minute
- 2 medium tomatoes, chopped
- 2 teaspoons dehydrated onion flakes
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon oregano leaves
- ½ teaspoon basil leaves
- ½ cup tomato puree
- ⅓ cup lemon juice

Place fish in a single layer in baking pan. Chop one green pepper; add chopped tomatoes, onion flakes, salt, pepper, oregano, basil, tomato puree and lemon juice; mix well. Spoon over fish. Slice remaining pepper in rings. Place vegetables on fish. Bake at 350°F. (moderate oven) 12 minutes or until fish flakes easily with fork. Makes 4 servings.



FARMERS' FISH

Tennessee farmers catch fish in mountain ponds for this dish — good, too, with salt water fish.

- 1 tablespoon dehydrated onion flakes
- ½ clove garlic, minced
- ½ cup chicken bouillon
- 1 tablespoon tomato paste
- ½ teaspoon sherry extract
- 6 ounces fish fillets, cut in strips 2" x ½"
- ¼ cup canned mushrooms, sliced
- ¼ teaspoon salt
- ½ bay leaf
- Dash white pepper
- Pinch marjoram leaves
- Pinch thyme leaves

In skillet cook onion flakes and garlic in ¼ cup of chicken bouillon over low heat 5 minutes. Combine tomato paste, sherry extract and remaining bouillon. Add to skillet; mix well. Add fish, mushrooms, salt, bay leaf, white pepper, marjoram and thyme. Cook over low heat 10 minutes or until fish flakes easily with fork. Makes 1 serving.

FISH BISTRO

From France via Louisiana.

- 2 teaspoons dehydrated onion flakes
- ¾ cup clam juice
- 1 tablespoon wine vinegar
- ½ teaspoon imitation butter flavoring
- 6 ounces sole, haddock or cod fillets
- 1 slice enriched white toast, cut in ¼" cubes
- 1 teaspoon imitation or diet margarine
- 2 teaspoons chopped parsley

In small saucepan combine onion flakes, clam juice, wine vinegar and imitation butter flavoring. Cook over low heat 5 minutes. Spoon 2 tablespoons of mixture in individual casserole dish. Place fish in dish. Slowly pour remaining mixture over fish. Bake at 350° F. (moderate oven) 5 minutes. Remove from oven. Add toast cubes; stir lightly. Bake an additional 3 minutes or until fish flakes easily with fork. Just before serving, sprinkle with chopped parsley. Makes 1 serving.

FROSTY "FRAPPE"

Sweet, rich-tasting, palate-pleaser from Nebraska.

- 1 medium peach, peeled and diced
- ½ cup buttermilk
- artificial sweetener to equal 1 tablespoon sugar
- ½ teaspoon maple extract
- 3 ice cubes

In blender combine peach, buttermilk, artificial sweetener and maple extract. Run at medium speed 45 seconds or until mixture is smooth. Add ice cubes, one at a time, running 45 seconds after each addition or until ice cube is pulverized. Serve at once. Makes 1 serving.

HEAVENLY HOMINY

Below the Mason-Dixon line, many restaurants serve hominy grits automatically at every meal.

- 1⅓ cups hot water
- 4 eggs, lightly beaten
- 2 teaspoons salt
- ⅛ teaspoon pepper
- 3 cups cooked enriched hominy grits

Slowly pour water into eggs in bowl stirring constantly. Add salt and pepper; stir well. Spoon hominy grits into 2-quart baking pan. Pour egg mixture over hominy grits; mix well. Set dish in pan of cold water. Bake at 350° F. (moderate oven) 1 hour. Makes 4 servings.

HERBED MEAT BALLS

South Dakota recipe improves the flavor of beef without making it taste like something else.

- 1 pound ground beef
- 1 small clove garlic, crushed
- 2 tablespoons instant minced onions
- 1 teaspoon Worcestershire
- 1 teaspoon parsley flakes
- 1 tablespoon dehydrated lemon rind
- 1 teaspoon thyme leaves
- ½ teaspoon salt
- ½ teaspoon pepper

Combine all ingredients. Shape into 6 meat balls. Bake on rack in pan at 350° F. (moderate oven) 20 minutes or until cooked throughout. Makes 2 servings.

RECIPES FROM ACROSS THE U.S.A. *continued*

LAMB LUNCHWICHES

During roundup time, this appeared often at the Wyoming cowboys' chuck wagon.

- 2 cups mixed vegetable juice
- 2 small chili peppers
- ½ cup tomato puree
- 4 tablespoons dehydrated onion flakes
- 1 tablespoon dehydrated vegetable flakes
- 1 teaspoon chili powder
- 2 teaspoons parsley flakes
- ¼ teaspoon garlic powder
- 1 pound cooked lamb, ground or finely chopped
- 4 slices 100% whole wheat toast

Combine 1 cup of vegetable juice and chili peppers in blender. Run at medium speed 60 seconds or until peppers are pureed. Transfer to saucepan. Add remaining vegetable juice, tomato puree, onion flakes, vegetable flakes, chili powder, parsley flakes and garlic powder. Cook over moderate heat 15 minutes; stirring frequently. Add lamb, cook an additional 5 minutes or until heated throughout. Place each slice of toast on lunch plates. Spoon ¼ of mixture on each slice of toast. Makes 4 servings.

LAMB-STUFFED RED PEPPER

(AS SHOWN)

The inspiration for this hearty dinner dish comes from Hungary, the land of stuffed peppers.

- 1 pound ground lamb
- 2 tablespoons dehydrated onion flakes
- ½ cup canned mushrooms, coarsely chopped
- ¼ cup beef bouillon
- ½ teaspoon salt
- pinch marjoram leaves
- dash powdered savory or pinch savory leaves
- dash pepper
- dash garlic powder
- 1 medium tomato, coarsely chopped
- 2 medium red peppers, seeds removed

Shape lamb into 2 equal patties. Broil on rack about 4" from source of heat 8 minutes or until cooked throughout. Turn once during broiling. Crumble patties.

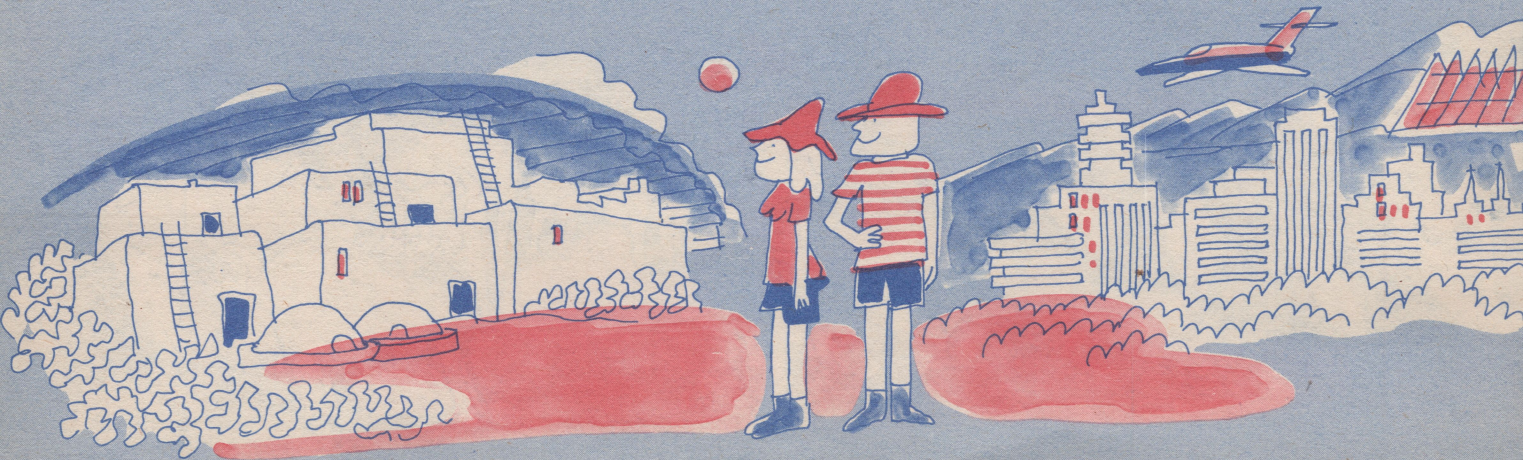
In skillet cook onion flakes and mushrooms in bouillon over low heat 5 minutes. Add salt, marjoram, savory, pepper, garlic powder, tomato and lamb; mix well. Spoon mixture evenly into peppers. Spoon any remaining lamb mixture around peppers. Bake at 350° F. (moderate oven) 30 minutes. Makes 2 servings.

LEMONY LIVER

Adapted from a liver recipe served in the Florida Keys.

- 1 pound beef or calf liver
- 1 tablespoon grated lemon rind
- 1 teaspoon garlic salt
- ¼ teaspoon pepper
- ½ cup beef bouillon
- 2 tablespoons lemon juice
- ½ cup chopped celery
- 2 tablespoons dehydrated onion flakes
- 2 tablespoons chopped pimientos

Sprinkle liver with lemon rind, garlic salt and pepper; let stand 10 minutes. In non-stick skillet brown liver on all sides over moderate heat. Add beef bouillon, lemon juice, celery, onion flakes and pimiento. Cook over low heat 10 minutes or until liver is cooked throughout and celery is tender. Makes 2 servings.



LIMA BEANS ROMANOFF

Lima beans are a staple in the diet of the southwestern American Indian.

- 1½ cups cooked lima beans
- 1 cup cottage cheese
- ½ teaspoon imitation bacon-flavored salt
- 1 tablespoon instant minced onions
- ½ teaspoon Worcestershire
- ⅛ teaspoon red hot sauce
- 2 ounces sharp cheddar cheese, shredded
- 1 ounce Swiss cheese, shredded

In bowl combine lima beans, cottage cheese, bacon-flavored salt, minced onions, Worcestershire, red hot sauce, 1 ounce of cheddar cheese and ½ ounce of Swiss cheese. Toss lightly until well-mixed. Spoon into baking dish. Combine remaining cheddar cheese and swiss cheese. Toss lightly until well mixed. Spoon on lima bean-cheese mixture in bowl. Bake at 325° F. (slow oven) 20 minutes. Makes 3 servings.

MINT TEA

Mint grows abundantly throughout the United States.

- 5 large sprigs fresh mint
- 1 quart water

Combine mint and water in saucepan. Cook over low heat until mixture comes to a boil. Remove from heat. Cover. Let stand 5 minutes; remove mint. Makes 4 servings.

PAN "CAKE"

An Austrian dish with California nectarines.

- ⅓ cup ricotta cheese
- ½ teaspoon vanilla extract
- artificial sweetener to equal 8 teaspoons sugar
- 1 medium nectarine, diced
- 1 egg, beaten
- 3 tablespoons water
- 1 slice enriched white bread, crumbed
- ⅛ teaspoon nutmeg

Combine cheese, vanilla and artificial sweetener to equal 6 teaspoons sugar; mix well. Add nectarine; toss lightly until well-mixed. In bowl combine egg, water, bread crumbs and remaining sweetener. Heat non-stick skillet over moderate heat until a drop of water sizzles when sprinkled on skillet. Add egg-crumb mixture. Cook over low heat 5 minutes or until mixture is lightly browned around edges and cooked throughout. Turn. Cook an additional minute. Turn out onto plate; top with cheese mixture. Sprinkle with nutmeg. Makes 1 serving.

PAPRIKA POTATOES

Potatoes from any state are perfect for this recipe.

- 12 ounces cooked potatoes (about 4 medium)
- ½ teaspoon paprika
- 4 teaspoons imitation or diet margarine

Place potatoes on baking sheet. Sprinkle with paprika. Bake at 350° F. (moderate oven) 15 minutes or until evenly browned. Turn frequently. Serve each potato topped with 1 teaspoon diet margarine. Makes 4 servings.

PLANTATION HOMINY

Hominy grits (made from crushed corn) are a native American food.

- 3 cups cooked enriched hominy grits
- 4 ounces cheddar cheese, grated
- 4 eggs, slightly beaten
- 1 tablespoon Worcestershire
- ½ teaspoon salt
- ⅛ teaspoon cayenne pepper
- 4 teaspoons imitation or diet margarine

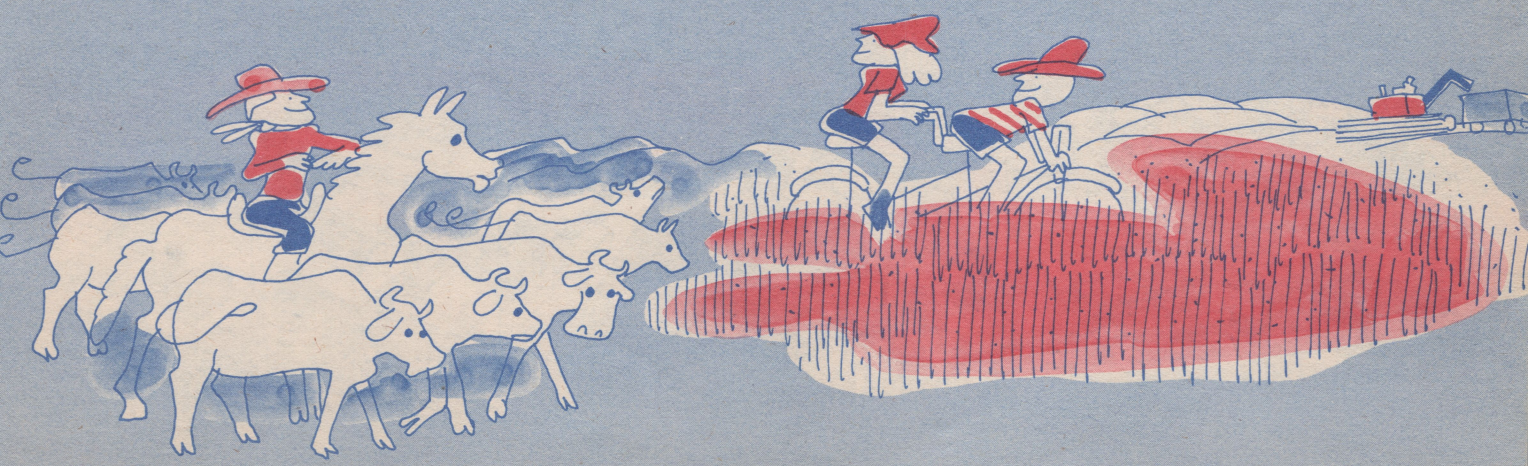
Spoon hominy grits into casserole dish. Stir in cheddar cheese, eggs, Worcestershire, salt and cayenne pepper; mix well. Bake at 350° F. (moderate oven) 1 hour or until mixture is browned and puffed. Serve each portion topped with 1 teaspoon diet margarine. Makes 4 servings.

PLEASANT PERCH

Rosemary leaves used with fish is a Mediterranean flavor touch.

- ½ teaspoon rosemary leaves
- ½ cup chicken bouillon
- ½ teaspoon imitation butter flavoring
- 2 tablespoons lemon juice
- 1 pound perch fillets
- 1 teaspoon seasoned salt
- ¼ teaspoon mace

Combine rosemary leaves, bouillon, imitation butter flavoring and lemon juice; mix well. Let stand at room temperature 1 hour. Sprinkle both sides of fish with salt and mace. Place fish on rack in pan. Brush with bouillon mixture. Broil about 4" from source of heat 10 minutes or until fish flakes easily with fork. Brush with bouillon mixture several times during broiling. Makes 2 servings.



RECIPES FROM ACROSS THE U.S.A. *continued*

PLUMS PATRICIAN

A delicately flavored dessert or snack, popular in the far west.

- 4 medium plums, pared, pitted and diced
- 2 tablespoons lemon juice
- 1 teaspoon almond extract
- 4 tablespoons brown sugar replacement
- ½ cup evaporated skimmed milk
- ¼ teaspoon imitation butter flavoring
- ½ teaspoon vanilla extract
- artificial sweetener to equal 2 teaspoons sugar
- 2 ice cubes

Place ½ of plums in each of 2 dessert dishes. Combine lemon juice and almond extract; slowly pour over plums. Sprinkle with brown sugar replacement. Refrigerate at least 1 hour.

Combine evaporated skimmed milk, imitation butter flavoring, vanilla extract, artificial sweetener and ice cubes in blender. Run at medium speed 45 seconds or until mixture is smooth. Pour ½ of mixture over each portion of plums. Makes 2 servings.

PORK ROAST PIQUANT

A Sunday dinner special from Iowa.

- 4 tablespoons instant minced onions
- 4 cloves garlic, crushed
- ½ cup beef bouillon
- ½ teaspoon crushed whole coriander
- 1 bay leaf, crumbled
- ½ cup tomato puree
- 1 cup cider vinegar
- 1 cup water
- ¼ teaspoon crushed red pepper
- 2 teaspoons salt
- 1 tablespoon chili powder
- 5 pound rib end pork roast

In saucepan cook minced onion and garlic in beef bouillon over low heat 5 minutes. Add coriander, bay leaf, tomato puree, vinegar, water, red pepper, salt and chili powder; mix well. Simmer covered 10 minutes. Remove cover; simmer an additional 10 minutes.

Place roast on rack in pan. Slowly spoon ½ cup of sauce over roast. Roast at 325° F. (slow oven) 3 hours or until cooked throughout.

(Meat thermometer inserted in thickest part of meat but not touching bone reads 170° F.).

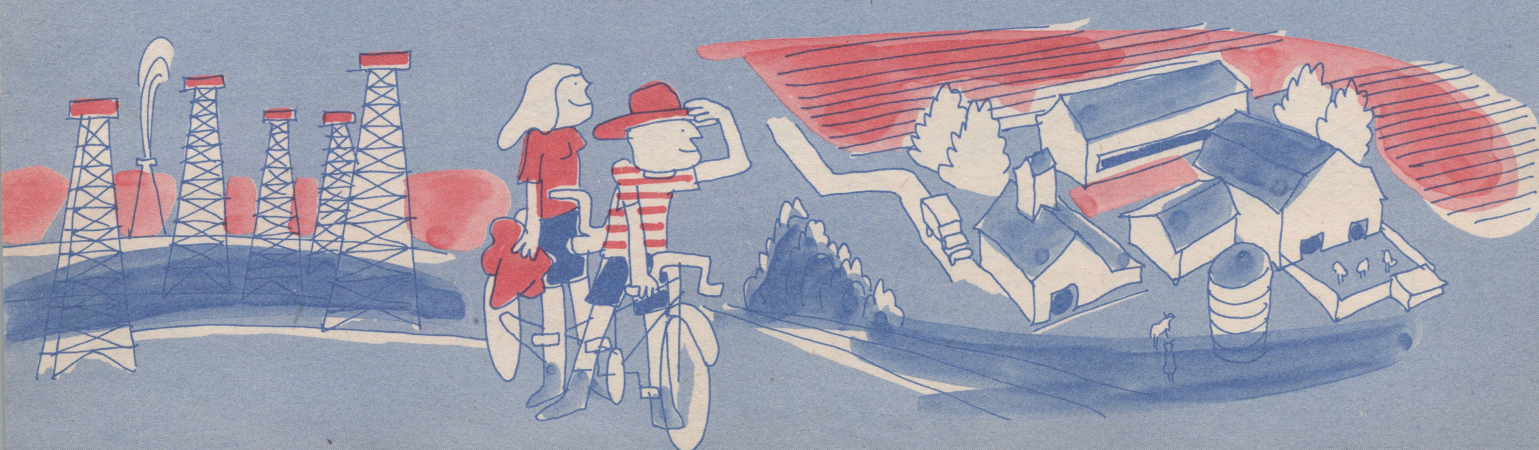
Now spoon unused sauce over meat several times during roasting. Serve with any remaining unused sauce. Makes 8 servings.

PUMPKIN SOUP

The Indians ate pumpkins often and brought them to the first Thanksgiving.

- 16 ounces canned pumpkin
- 1 quart skim milk
- 2 tablespoons brown sugar replacement
- ½ teaspoon marjoram leaves
- ¼ teaspoon cinnamon
- ¼ teaspoon mace
- 1 teaspoon salt
- dash ground pepper
- 1 teaspoon orange extract

Combine pumpkin and milk in saucepan. Cook over low heat stirring frequently 5 minutes or until well-blended. Add brown sugar replacement, marjoram, cinnamon, mace, salt, pepper and orange extract. Cook over low heat stirring frequently until mixture just comes to a boil. Remove from heat. Serve hot or cold. Makes 4 servings.



RED FLANNEL HASH

New England favorite for generations; try it with cooked beef or chicken, too.

- 4 ounces drained canned tuna
- 2 ounces cooked beets, diced
- 3 ounces cooked potato (about 1 medium), diced
- 1 tablespoon dehydrated onion flakes
- ¼ cup skim milk
- 2 teaspoons imitation or diet margarine

In baking dish combine tuna, beets, potato and onion flakes. Toss lightly until well-mixed. Slowly pour skim milk over tuna-vegetable mixture. Bake at 325° F. (slow oven) 15 minutes. Remove from oven; dot with diet margarine. Bake an additional minute. Makes 1 serving.

REFINED FISH STEW

Fish — in any form is popular in the Chesapeake Bay area where this stew originated.

- ¾ cup chicken bouillon
- ¾ cup onion bouillon
- ⅓ cup non-fat dry milk
- ¼ teaspoon nutmeg
- ¼ teaspoon mace
- ⅛ teaspoon marjoram leaves
- 1½ pounds cod sole whiting or haddock fillets
- 2 cups cooked enriched noodles
- 8 teaspoons imitation or diet margarine
- Watercress sprigs

In saucepan combine bouillons, non-fat dry milk, nutmeg, mace and marjoram. Bring to a boil. Add fish; reduce heat. Simmer 8 minutes or until fish flakes with fork. Spoon ½ cup of cooked noodles into each of 4 soup bowls. Spoon ¼ of fish and ¼ of liquid over each portion of noodles. Add 2 teaspoons imitation or diet margarine to each portion. Garnish with watercress sprigs. Makes 4 servings.

ROCKET BURGERS

Burgers — Rocky Mountain style.

- 1 pound ground beef
- 1 teaspoon imitation bacon-flavored salt
- ¼ teaspoon pepper
- ¼ teaspoon dry mustard
- 2 teaspoons prepared mustard
- 1 tablespoon wine vinegar
- 1 tablespoon prepared horseradish
- 2 tablespoons tomato puree
- artificial sweetener to equal 1 teaspoon sugar

Combine ground beef, bacon-flavored salt, pepper and dry mustard; mix well. Shape into 4 equal patties. Broil on rack about 4" from source of heat 8 minutes or until cooked throughout. Turn once during broiling.

Combine prepared mustard, wine vinegar, prepared horseradish and artificial sweetener. Serve each burger topped with ¼ of mixture. Makes 2 servings.

ROUNDUP LUNCH

This is said to have been Paul Bunyan's favorite.

- 2 packets beef or brown seasoning and broth mix, or 1 beef bouillon cube
- 1 packet onion broth mix, or 1 onion bouillon cube
- 2½ cups water
- 2 tablespoons tomato puree
- ¼ teaspoon chili powder
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ⅛ teaspoon basil leaves
- 14 ounces cooked chick peas
- 2 tablespoons dehydrated onion flakes
- 1 cup cooked enriched rice

In saucepan combine beef broth mix, onion broth mix and water. Bring to a boil; mix well. Add tomato puree, chili powder, salt, pepper and basil leaves. Add chick peas, onion flakes and rice. Simmer 10 minutes. Makes 2 servings.

SAUERBRATEN SPICED ROAST

Sauerbraten is a great favorite in Wisconsin and Illinois.

- 1⅓ cups vinegar
- ⅔ cup water
- 2 tablespoons dehydrated onion flakes
- 1 teaspoon salt
- dash dry mustard
- dash pepper
- dash ground cloves
- dash ginger
- dash allspice
- 2 pounds boneless chuck roast or shoulder roast

In small saucepan combine vinegar, water, onion flakes, salt, dry mustard, pepper, cloves and allspice. Simmer 5 minutes. Let stand 5 minutes. Pour over meat in deep bowl. Refrigerate 24 hours, turning occasionally so that all sides of meat are immersed. Remove meat. Roast on rack in pan at 350° F. (moderate oven) 1 hour or until meat is cooked throughout (meat thermometer inserted into thickest part reads 160° F. for medium). Makes 4 servings.

SAUSAGE SKILLET

Hawaiian style sausage, ideal for a Lanaii (patio lunch).

- 2 tablespoons soy sauce
- 1 teaspoon sherry extract
- ½ cup pineapple chunks canned-in-own-juice, with juice
- 2 tablespoons dehydrated shredded green onions
- ⅛ teaspoon curry powder
- 1 pound all-beef sausages

In skillet combine soy sauce, sherry extact, pineapple chunks and juice, dehydrated green onions and curry powder. Cook over low heat 10 minutes. Add sausages. Cook an additional 5 minutes or until heated throughout. Makes 4 servings.

SCALLOP SALAD

Wonderful texture combinations in this southern delight.

- 1½ cups chilled grapefruit sections, with juice
- 8 ounces cooked scallops
- 1 medium cucumber, diced
- 1 cup diced celery
- 1 tablespoon prepared mustard
- 1 tablespoon lemon juice
- 1 teaspoon imitation butter flavoring
- Watercress sprigs

In bowl combine grapefruit sections, scallops, cucumber and celery. Toss lightly until well mixed. Combine mustard, lemon juice and imitation butter flavoring; mix well. Pour over mixture in bowl. Toss lightly until well mixed. Serve on bed of watercress sprigs. Makes 2 servings.

SCALLOPED CARROTS

Especially good when you pull the carrots from your garden just before preparing the dish.

- 8 ounces sliced carrots
- 2 tablespoons snipped chives
- 1 teaspoon dehydrated onion flakes
- ½ teaspoon paprika
- ½ teaspoon garlic salt
- ½ cup evaporated skimmed milk

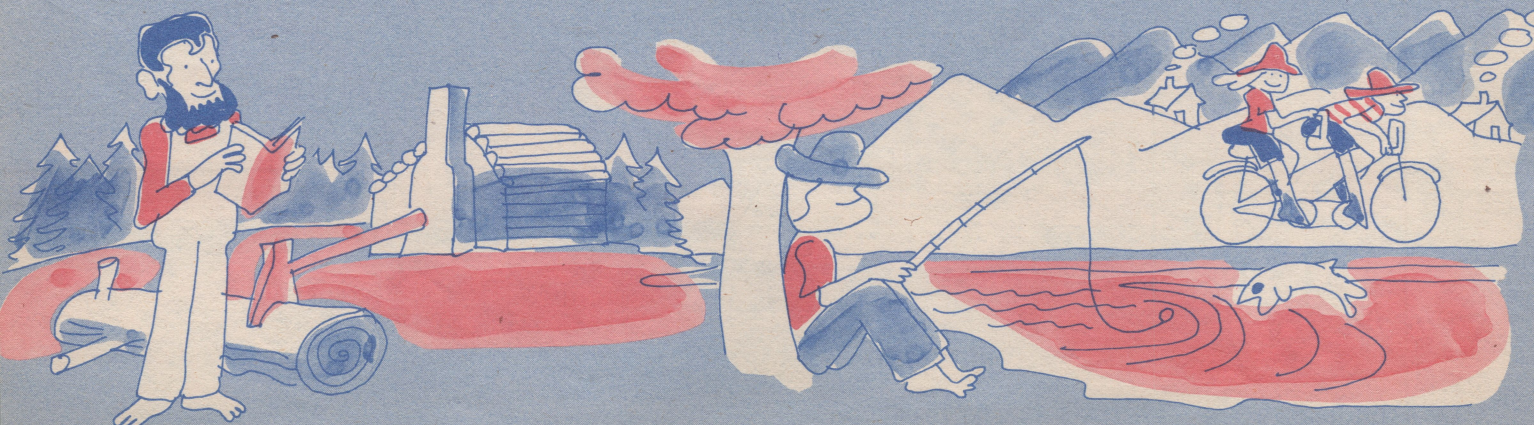
Place ½ of carrots in baking dish. Sprinkle with 1 tablespoon of chives, ½ teaspoon of onion flakes, ¼ teaspoon of paprika and ¼ teaspoon of garlic salt. Repeat with remaining carrots, chives, onion flakes, paprika and garlic salt. Slowly pour evaporated skimmed milk over carrots. Bake covered at 350° F. (moderate oven) 30 minutes or until carrots are tender. Makes 2 servings.

SEAFOOD ROYALE

Adapted from an old Louisiana recipe.

- ½ cup diced celery
- 4 tablespoons instant minced onions
- 2 tablespoons beef bouillon
- 1 cup tomato juice
- 1 teaspoon salt
- 2 tablespoons chili powder
- 8 ounces canned peas, drained
- 2 medium tomatoes, cut in wedges
- 1 tablespoon vinegar
- artificial sweetener to equal 2 teaspoons sugar
- 8 ounces cooked scallops
- 1 pound cooked fish, diced
- ⅓ cup water
- 1 teaspoon sherry extract

In skillet cook celery and minced onions in bouillon over moderate heat 4 minutes or until celery is just tender. Add tomato juice, salt and chili powder. Cook stirring frequently 15 minutes. Add peas, tomatoes, vinegar, artificial sweetener, scallops and fish. Simmer 10 minutes or until heated throughout. Combine water and sherry extract. Add to fish mixture. Makes 4 servings.



SETTLERS' BAKED COD

Cod was a mainstay in the diet of the New England colonists.

- 1 clove garlic, crushed
- ¼ teaspoon crushed red peppers
- ¼ teaspoon paprika
- ½ teaspoon salt
- ¼ cup wine vinegar
- ½ cup water
- ½ bay leaf, crumbled
- 1 pound pollock, cod or haddock fillets

Combine garlic, crushed red peppers, paprika, salt, vinegar, water and bay leaf. Pour over fish in pan. Let stand at room temperature 1 hour. Drain fish, reserving liquid. Broil about 4" from source of heat 10 minutes or until fish flakes easily with fork. Turn once during broiling; brush with reserved liquid several times. Makes 2 servings.

SNACKGEL

Refreshing and good — day or night.

- 3 envelopes (3 tablespoons) unflavored gelatine
- 2 cups dietetic cream soda
- 1½ teaspoons anise extract
- Few drops red food coloring

Sprinkle gelatine over ½ cup of dietetic soda to soften. In saucepan bring remaining soda to a boil. Remove from heat. Stir constantly to break down foam. Add softened gelatine; stir until gelatine dissolves. Add anise extract and food coloring; mix well. Pour into 9" square baking dish. Refrigerate 24 hours. To serve, cut in 1" squares. Makes 4 servings.

SOY BEAN BARBECUE

(AS SHOWN)

Soy beans are served often in Arizona, New Mexico, Texas, Oklahoma, Colorado and Utah.

- 1 tablespoon instant minced onions
- ¼ cup chopped celery
- ⅓ cup tomato paste
- 1 cup chicken bouillon
- 2 tablespoons brown sugar replacement
- 2 tablespoons vinegar
- 1 medium green pepper, chopped
- 2 tablespoons Worcestershire
- 2 teaspoons prepared mustard
- ½ teaspoon salt
- dash pepper
- 12 ounces cooked soy beans

In saucepan combine minced onions, celery, tomato paste, bouillon, brown sugar replacement, vinegar, green pepper, Worchestershire, mustard, salt and pepper; mix well. Simmer 15 minutes stirring frequently. Add soy beans. Cook an additional 10 minutes or until heated throughout. Makes 2 servings.

SPINACH SUPREME

Spinach and onions are both grown in Oregon where this dish is popular.

- 2 ounces onions, thinly sliced
- ¼ cup onion bouillon
- ½ cup tomato puree
- 2 tablespoons wine vinegar
- artificial sweetener to equal 2 teaspoons sugar
- ½ teaspoon salt
- ¼ teaspoon pepper
- ⅛ teaspoon nutmeg
- 2 cups fresh spinach leaves

In saucepan cook onions in onion bouillon over low heat 5 minutes or until onions are soft. Add tomato puree, wine vinegar, artificial sweetener, salt, pepper and nutmeg; mix well. Bring to a boil. Add spinach. Reduce heat. Simmer covered 5 minutes or until spinach is just tender. Makes 2 servings.

RECIPES FROM ACROSS THE U.S.A. *continued*

SUMMER SPECIAL

Cottage cheese is a lunch-time favorite throughout the United States.

- 1 cup crushed pineapple canned-in-own-juice, with juice
- 1 tablespoon soy sauce
- artificial sweetener to equal 2 teaspoons sugar
- 1 teaspoon sherry extract
- 1⅓ cups cottage cheese
- Lettuce leaves
- Mint sprigs
- Tangy Toast*

Combine pineapple with juice, soy sauce, sweetener and sherry extract. Mix well. Add cottage cheese. Mix well. Chill thoroughly. Line 2 salad plates with lettuce leaves. Spoon ½ of mixture on each plate. Garnish with mint sprigs. Serve with Tangy Toast. Makes 2 servings.

*Tangy Toast

- 2 slices 100% whole wheat toast
- 4 teaspoons imitation or diet margarine
- 2 tablespoons brown sugar replacement
- ⅛ teaspoon ground ginger

Spread each slice of whole wheat toast with 2 teaspoons imitation or diet margarine. Sprinkle with brown sugar replacement and ginger. Bake at 425° F. (hot oven) 1 minute or until heated throughout and margarine melts. Makes 2 servings.

SUMMER SWEET

Adapted from a recipe of Portuguese American fishermen from New Bedford, Massachusetts.

- ½ medium cantaloupe seeded, pared and diced
- 2 medium pears, pared, cored and diced
- 1 medium peach, pared, pitted and diced
- 1 tablespoon lemon juice
- ¼ teaspoon grated lemon rind
- ½ teaspoon almond extract
- 2 tablespoons brown sugar replacement

In bowl combine cantaloupe, pears, peach, lemon juice, lemon rind, and almond extract. Toss lightly until well-mixed. Chill thoroughly. Just before serving, add brown sugar replacement. Toss lightly until well-mixed. Makes 4 servings.

SUNSHINE ASPIC

The ancient Chinese first made jelled dishes using agar, a thickening agent which comes from sea weed.

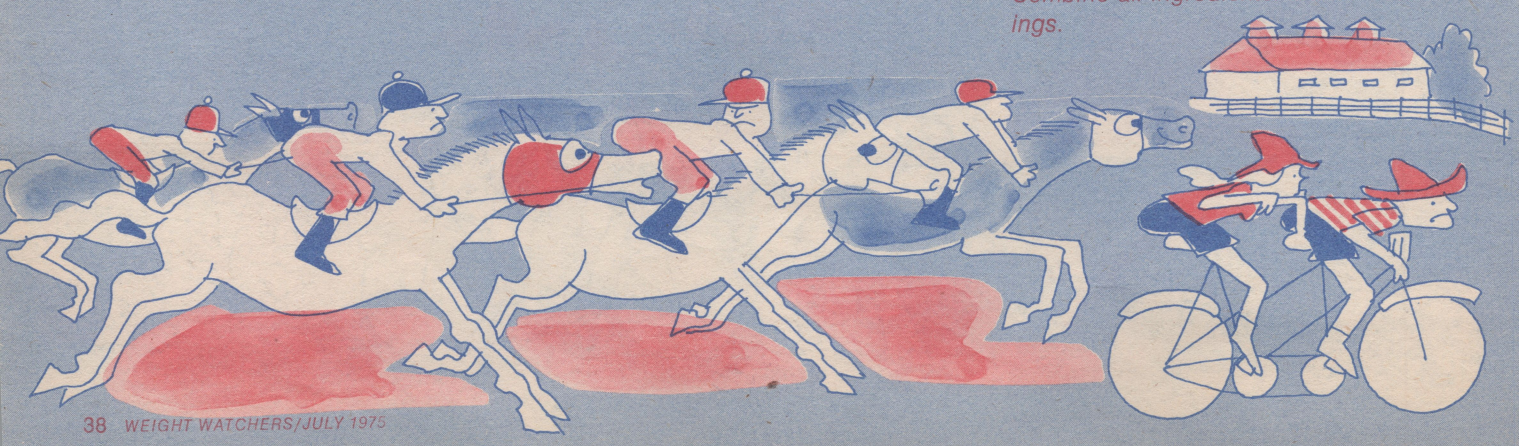
- 1½ cups chicken bouillon
- 1 bay leaf
- ¼ teaspoon onion powder
- ⅛ teaspoon garlic powder
- 1 envelope (1 tablespoon) unflavored gelatine
- 2 tablespoons lemon juice
- 8 ounces cooked fish, flaked
- Parsley sprigs
- Pimiento strips
- Creamy cocktail sauce*

In saucepan combine 1 cup of bouillon, bay leaf, onion powder and garlic powder. Simmer 5 minutes. Remove bay leaf; discard. Sprinkle gelatine over remaining bouillon to soften. Add to hot bouillon; stir until gelatine dissolves. Add lemon juice. Refrigerate until mixture mounds when dropped from spoon. Spoon ½ of gelatine mixture into 3-cup mold. Spoon fish over gelatine; take care to keep fish within ¼" from outside edge. Spoon remaining gelatine mixture over fish. Refrigerate until firm. To serve, unmold onto serving plate. Garnish with parsley sprigs and pimiento strips. Serve with Creamy Cocktail Sauce. Makes 2 servings.

*Creamy Cocktail Sauce

- 2 tablespoons imitation mayonnaise
- 2 tablespoons skim milk
- 2 tablespoons tomato puree
- 2-3 drops red hot sauce
- 2 teaspoons prepared horseradish sauce

Combine all ingredients. Makes 2 servings.



TOMATOES EASTERN SHORE

Eastern shore of Maryland is the origin of this sweet-tasting baked tomato dish.

- 4 medium tomatoes, tops removed
- 1 teaspoon salt
- ¼ teaspoon white pepper
- ½ cup brown sugar replacement
- 4 teaspoons imitation or diet margarine

Place each tomato in 5-ounce custard cup. Sprinkle evenly with salt, white pepper and brown sugar replacement. Bake at 375° F. (moderate oven) 20 minutes. Remove from oven. Dot each tomato with 1 teaspoon of diet margarine. Return to oven 1 minute. Makes 4 servings.

TUNA BEAN BAKE

In the United States, the best-loved of all fish is tuna.

- 8 ounces drained canned tuna, flaked
- 1½ cups green beans
- ⅓ cup non-fat dry milk
- 1 teaspoon seasoned salt
- ½ teaspoon onion powder
- 2 pimientos
- 2 tablespoons water

Spoon tuna into baking dish. Place ¾ cup of green beans in an even layer on tuna. In blender combine remaining green beans, non-fat dry milk, seasoned salt, onion powder, pimientos and water. Run at medium speed 60 seconds or until green beans are pureed. Slowly pour mixture over green beans in dish. Bake at 350° F (moderate oven) 15 minutes or until heated throughout. Makes 2 servings.

TUNA RICE PIE

One of the many variations inspired by the French quiche (cheese pie).

- 2 cups cooked enriched rice
- 2 ounces cheddar cheese, shredded
- 2 ounces parmesan cheese, grated
- 8 ounces drained canned tuna, flaked
- ⅛ teaspoon nutmeg
- ⅛ teaspoon pepper
- 2 teaspoons minced parsley
- ¼ cup evaporated skimmed milk
- 2 medium tomatoes, sliced

Press rice in an even layer against bottom and sides of 9" pie pan. Place ½ of cheddar cheese in an even layer on rice; sprinkle evenly with ½ of parmesan cheese. Spoon ½ of tuna fish in an even layer over parmesan cheese. Repeat with remaining cheddar cheese, parmesan cheese and tuna.

Combine nutmeg, pepper, parsley and evaporated skimmed milk. Slowly pour over tuna. Bake at 400° F. (hot oven) 20 minutes. Remove from oven; top with tomato slices. Bake an additional 5 minutes. Makes 4 servings.

TWO-TONE SALMON CHEESE RING

(AS SHOWN)

Cheese Layer

Pimento stars look pretty and compliment the rich-tasting, mousse-like ring.

- 2⅔ cups cottage cheese
- 1 tablespoon dehydrated onion flakes
- ½ teaspoon salt
- ½ envelope (1½ teaspoons) unflavored gelatine
- 2 tablespoons cold water
- ¼ cup skim milk

Combine cottage cheese, onion flakes and salt; mix well. In custard cup sprinkle gelatine over cold water to soften. Add skim milk. Place in saucepan with 2" of water. Cook over low heat, stirring constantly until gelatine is dissolved. Add to cheese mixture; mix well. Pour into non-stick 5-cup ring mold. Refrigerate until firm.

Salmon Layer

- 1 pound drained canned salmon, flaked
- 4 tablespoons mayonnaise
- 1 cup chopped celery
- ½ teaspoon salt
- artificial sweetener to equal 1 teaspoon sugar
- 1 tablespoon vinegar
- 1 envelope (1 tablespoon) gelatine
- 2 tablespoons cold water
- Pimiento stars
- Parsley sprigs

Combine salmon, mayonnaise, celery, salt, artificial sweetener, and vinegar; mix well. In custard cup sprinkle gelatine over cold water to soften. Place custard cup in saucepan with 2" of water. Cook over low heat, stirring constantly until gelatine is dissolved. Add to salmon mixture; mix well. Spoon in an even layer on Cheese Layer in ring mold. Refrigerate until firm. To serve, unmold onto serving platter. Top with pimiento stars; fill center of ring with parsley sprigs. Makes 8 servings.

RECIPES FROM ACROSS THE U.S.A. *continued*

WELSH RABBIT
(AS SHOWN)

Originated in Wales, Welsh rabbit is popular throughout the British Isles and the United States.

- 2 teaspoons Worcestershire
- ¼ teaspoon dry mustard
- ⅛ teaspoon cayenne pepper
- ⅛ teaspoon paprika
- ½ cup club soda
- ½ pound sharp cheddar cheese, grated
- 2 slices 100% whole wheat toast, each cut into 4 triangles
- 8 ounces tiny carrots
- 1 medium cucumber, sliced
- 16 radishes with tops

In saucepan combine Worcestershire, dry mustard, cayenne pepper, paprika and club soda. Cook over very low heat 5 minutes or until heated throughout. Add cheese. Cook over low heat stirring frequently until cheese melts.

Place 2 toast triangles in each of 4 bowls. Spoon ¼ of cheese mixture in each bowl. Serve each portion with 2 ounces tiny carrots, ¼ of cucumber and 4 radishes. Makes 4 servings.

WESTERN STEAK
(AS SHOWN)

In Texas they add ½ teaspoon chili powder!

- 1 pound round steak, cut in 2" squares
- 4 ounces onions, sliced
- ¼ cup beef bouillon
- ½ cup "legal" catsup
- 1 teaspoon paprika

Broil steak on rack in pan about 4" from source of heat 8 minutes or until cooked throughout. Turn once during broiling. In non-stick skillet cook onions in bouillon over low heat 5 minutes or until onions are soft. Place ½ of steak on each of two serving plates. Top each portion with ½ of onions. Spoon "legal" catsup over onions. Sprinkle with paprika. Makes 2 servings.

***"Legal" Catsup:** 1 46-ounce can tomato juice, ½ cup wine vinegar, ¾ teaspoon garlic powder (or to taste), artificial sweetener to equal 4 teaspoons sugar (or to taste). Combine all ingredients in saucepan. Cover; bring to a boil. Uncover; reduce heat. Simmer stirring occasionally 45 minutes or until mixture is reduced by ½. Makes about 2½ cups.*

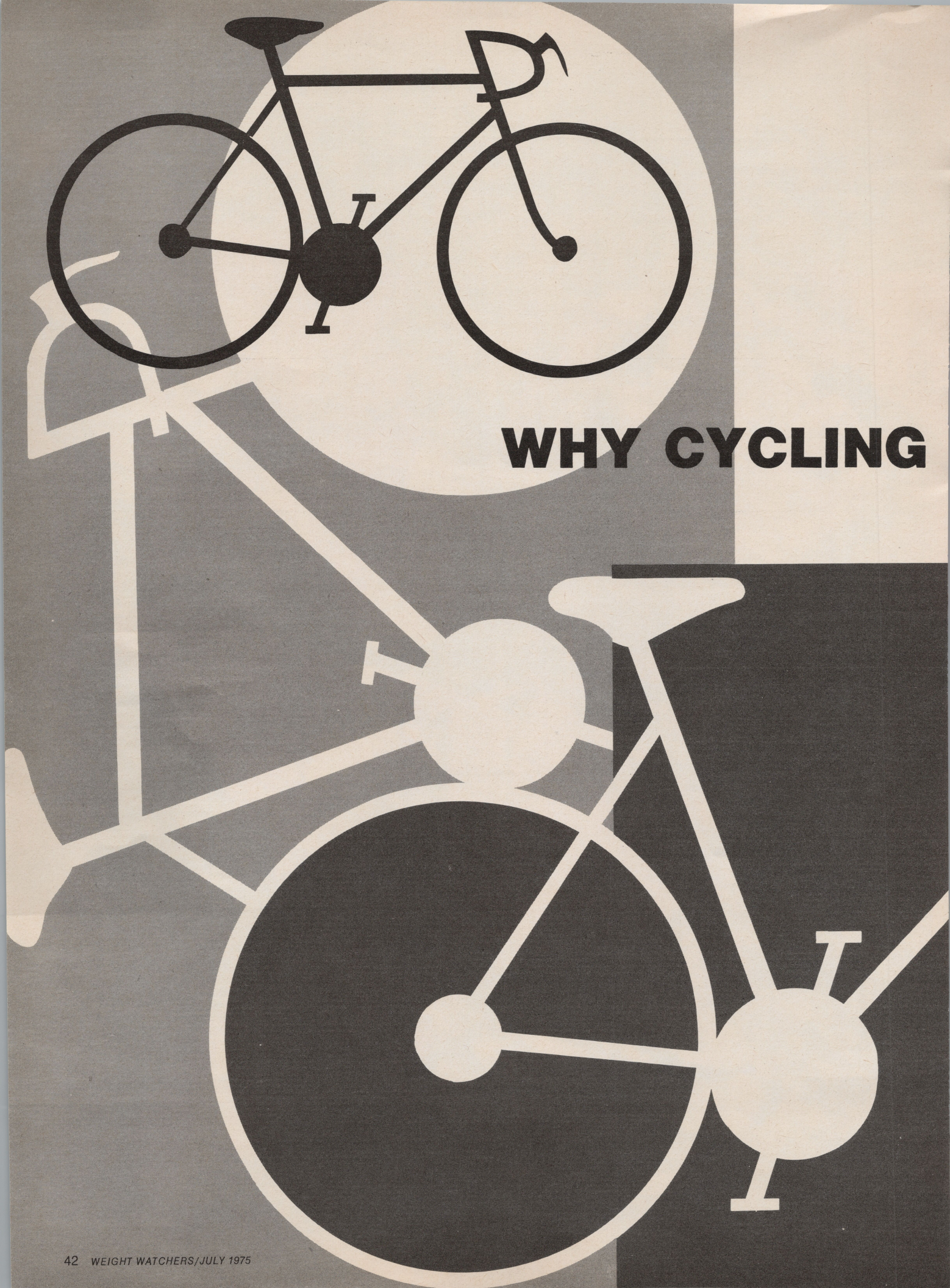
VEAL PAPRIKA
(AS SHOWN)

The peppers from which paprika is made, grow abundantly in southern United States and also Hungary, where Veal Paprika originated.

- 6 ounces veal cutlets
- ½ clove garlic, minced
- 2 tablespoons beef bouillon
- ½ cup chicken bouillon
- ⅔ cup cottage cheese
- 1 cup cooked enriched noodles
- 1 teaspoon paprika

In non-stick skillet brown veal on all sides over moderate heat. In same skillet cook garlic with beef bouillon over moderate heat 4 minutes or until garlic is lightly browned. Add veal, chicken bouillon and ¾ teaspoon paprika. Simmer, covered, 30 minutes or until veal is cooked throughout. Arrange noodles in ring on serving plate. Place cottage cheese in center of ring; top with veal. Sprinkle with remaining paprika. Makes 2 servings.

CHICKEN WITH LIME
EGG AND RICE SALAD
WELSH RABBIT



WHY CYCLING

IS GOOD EXERCISE

Over 90 million Americans have made bicycling the nation's favorite activity. Women cyclists are on the rise with Mother's Day sales of bicycles rivaling Christmas purchases. This enthusiasm, which predates the energy crisis, is an acknowledgement that more of us are becoming aware of the need for useful exercise; bicycling answers that need.

Some words of caution: If you are not accustomed to physical exertion, consult your physician before embarking on a fitness program.

The right kind of physical exercise can add years to your life. It can also make you feel better daily, and prepare you to compete in today's demanding world, where sheer stamina and resistance keep one out front.

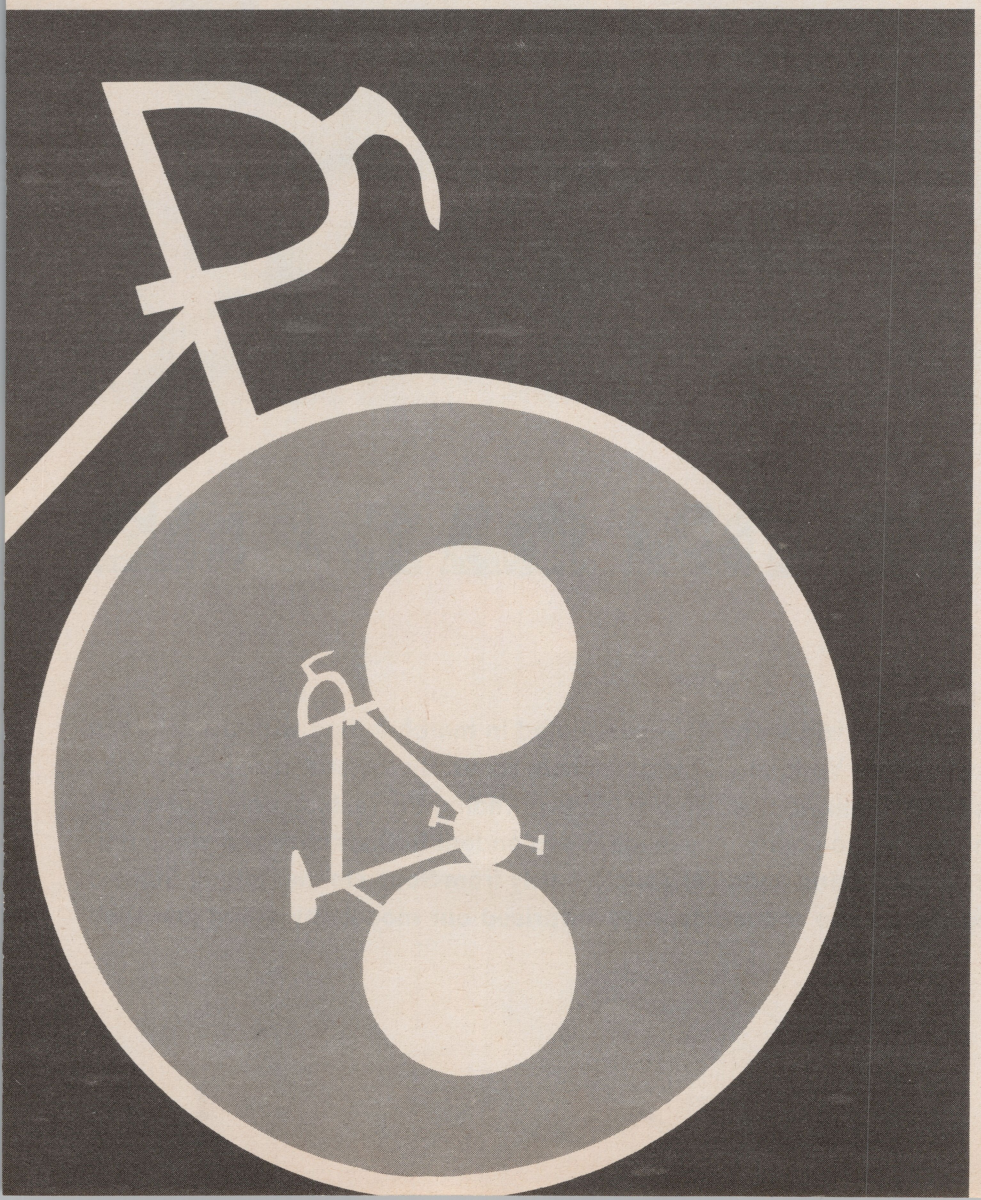
The right kind of exercise, according to the late Dr. Paul Dudley White, lasts for at least an hour and is vigorous enough to produce a mild sweat. Cycling is just such exercise.

Dr. White was justifiably critical and unhappy about many Americans' lack of exercise. We spend all evening watching TV, take the car to the drug store, use electric appliances, and end our days too tired for the extra effort and exercise that could save our lives.

Dr. White stated that no one should sit down for more than an hour without getting up and moving about, preferably jogging in place for a couple of minutes. This is the way to keep a heart healthy and blood pressure down.

Vigorous exercise like bicycling will also:

- Improve the blood flow to the brain, keeping it operating at full capacity.
- Induce a state of *healthy* fatigue — a wonderful antidote to the nervous stress and strain of modern life.
- Reduce the possibility of a slipped disc by strengthening back muscles.
- Add as much as five years to life expectancy (according to Dr. Jean Mayer, Professor of Nutrition at Harvard University's School of Public Health).
- Reduce the incidence of all types of degenerative vascular disease, responsible for or associated with heart attacks, strokes and high blood pressure.



Fred DeLong, who wrote for Schwinn's (one of the most prominent domestic bicycle manufacturers) dealer publication, described the research of Dr. Kaare Rodahl, in Philadelphia. Dr. Rodahl took telemetered cardiograms of a number of men while they were cycling on a stationary bicycle, at various levels of activity. From the cardiograms, Dr. Rodahl determined each man's tolerance for exercise. Based on this tolerance level, he set up a program of hard physical exercise of varying duration for each man.

Participants in this program were executives who ranged in age from 29 to 42; follow-up examination of each participant by Dr. Rodahl revealed that the men were rewarded for their rigorous regimen with as high as 10 percent overall increase in physical capacity. Pulse rates were better, and the executives reported that they were more alert on the job and had more energy left for home activities. They all agreed that physical deterioration so common to men over 30 had in their cases not only been checked, but reversed.

We have all read about fatigue that comes about with no apparent physical cause. How many times have you come home exhausted after "a hard day at the office," where all you did was sit hour

continued on page 62

photography by david price on location at the hicksville jr. high school, hicksville, n.y.

FASHIONS ON PARADE

Dressed in red, white and blue, we joined in march tempo with the talented Hicksville, New York, Junior High School Band. By the end of the afternoon, it was hard to tell what was more fun — parading the fashion colors or meeting the energetic young musicians. Resplendent in their blue and white uniforms, the marching band can switch easily from Sousa to the Rolling Stones. During the course of the day, they surprised our models by doing just that!

REAL COOL: Besides being accomplished musicians, band members are above all very typical teen-agers. Very "with it," too, are the fabric, the shape, the detailing of this tiny tattersall check tunic shirtdress by Christopher Street. (Opposite Left) Its roomy silhouette is pulled in by a wide cinch belt. In no-care Polyester. Sizes 8-16. About $28. (Opposite) Vertical Stripes (to make you appear even thinner) for the bodice and jacket of Rontini's crisp white skirted costume. The skirt flares gently; the bodice scoops down low. Sizes 8-18. About $50.

FORWARD MARCH! The long blue and white forms to the rear of more Americana Fashions. Kay Windsor wraps you up in polka dots — her sunny sundress with flippy skirt, squared neckline and set-in belt. (Opposite) Sizes 8-18. About $28. Pantsuits are always important, and we especially like coordinated shirt/jackets with slacks. (Opposite Right) Puritan presents their geometrically printed top with solid slacks. Sizes 10-20. 12½-22½. About $28.

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FASHIONS ON PARADE

continued

TROUPING THE COLORS: The Hicksville Band displays an American flag and a New York State Flag, carried by the two tallest and strongest members of the contingent. Doing a bit of flag waving of their own, these American styles: (Opposite) A spanking clean white, sharply pleated skirt has its own long-sleeved pinstripe jacket. The summer-weight suit to have. By Hobnobber. Sizes 10-20. About $34. (Opposite Left) Short, sweet and practical, too—Joan Curtis's sleeveless culotte dress, with long torso for a super slimming effect. Sizes 10-18. About $20.

HUP, TWO, THREE, FOUR. Pick up those feet! It takes concentration and coordination to keep a beat and stay in step. Leslie Fay keeps the pace going with three colors in three parts: long pleated skirt, dotted shell and red jacket. (Opposite) Sizes 8-18. About $76. A salute to our men at sea — Yves Jennet's nautically printed two-piece dress. (Opposite Right) Details to note: the bowed neck, the narrow self belt, the graceful skirt. Sizes 6-16. About $48. □

for shopping information, see page 64

New York City is well-represented by *Jon Guenter*, who endorses lots of curls, especially worn close to the face. His very feminine style needs medium-size rollers to give hair bounce and body. This style can be set three ways: with regular rollers on wet hair using a standard drier, or with hot rollers or a curling iron on dry hair. The style can be worn with or without a part.

THE AMERICAN LOOK

Our editors asked six leading hairstylists across the country to create their version of The American Look. The result is an exciting diversity of moods — one just right for you.

Cambridge, Massachusetts, is where *Charles DiAnthony* cuts up. His current favorite is the "wedge." This is an intricate shape in which the top layers of hair are considerably longer than the underlayers. At the nape of the neck, the hair forms a triangle. The model's hair was colored in strips beneath the top layer so that as she moves, the coloring becomes visible in ever-changing degrees.

Photography by Al Giese

please turn page

At his salons in San Francisco, *Yosh* believes permanents will be the most important new direction in hairstyling. He likes this particular style for his younger customers. For older women, he recommends that the hair be set after washing to acquire a more controlled look—an ageless look for anyone. The crown is not treated for a permanent, and remains smooth. The hair is cut into football-helmet shape with sides short enough to be off the face, and the back noticeably longer, starting at right angles to the sides.

THE AMERICAN LOOK

continued

Rocco Altobelli is giving his clients in Minneapolis and St. Paul soft permanents. He and his Styling Director, Katie Meyers, feel the body and fullness permanents impart to the hair are extremely beneficial. Katie designed this style for medium length hair. The hair was blunt cut, tapering in slightly on the bottom. The permanent was applied with large rods on the top of the head, graduating down to smaller rods. This style is meant to dry naturally, or under a heat lamp. As a finishing touch, the ends are given a slight shape with a curling iron.

Well-known in Philadelphia for his inventiveness is *Michael Marks.* Michael likes hair that moves, and his classic set does just that. This style can be set on any hair long enough to be rolled. It features a low diagonal part. The crown is set going in one direction off the part and it is brushed out asymmetrically, with more curls and waves to one side. Michael used "wave crepe" (a substance made of paper fibers that looks like angel hair) instead of end papers to protect the ends of the hair from the heat of electric rollers.

Travis Johnson from Neiman-Marcus (Dallas, Ft. Worth, Atlanta and Miami) got his inspiration from the '40's for his one length bob cut. Travis considers this a "custom cut" since it is cut to the individual contours of the head. It is extremely versatile and can be worn either smoothly brushed into flat waves or coaxed into an explosion of curls. The waves on the crown are created with pincurls. □

To contact the hairdressers mentioned, please turn to page 63.

DOCTORS TALK

continued from page 15

psychological, or cosmetic viewpoint, that we don't want to have more fat than that. Yet, something like 30% of all Americans [are overweight] and a smaller percentage have extraordinarily increased amounts of fat, or what has sometimes been called gargantuan obesity. These are the problems we face.

Now, we have learned a few things about these problems in recent years. We know, for example, that the reasons that people store fat have much to do with food intake. The more food you take in the more fat you have. The second reason for this increased amount of fat is the amount of energy we expend. Obviously, if you are doing very heavy physical labor you might need 5,000 or 6,000 calories a day; you would have to take in more calories. But if you keep taking in a lot of food, and you don't burn the calories, then the "calorie" store house — the fat tissue — grows. There is a kind of third reason or a set of reasons that isn't too clear as yet, but there are some metabolic factors (particularly in growing children and experimental animals) involving the possibility of the food we eat being selectively diverted to fat. Some people store more fat more easily than others. But this is probably not the underlying problem in most cases of obesity.

One of the things we have worked on recently is how this fat is stored. Like all tissues or all organs in the body, fat is stored in cells. Each of these cells has fat available to "turn loose" in times when energy is needed [starvation], and also unfortunately, it has the apparatus, in abundance, for storing fat when more calories are coming in [than are needed]. By the way, calories can come in any form. One can bring in the calories in the form of carbohydrates (sugars, starches), or bring [them] in as fat, and both of these kinds of calories can be readily stored as fat in fat cells.

One of the things we've learned is that many obese people have more fat cells [than the average person]. Even after they have lost weight, the fat cells stay. That is, they have an excess number of cells. In spite of weight loss, the fat cells are still there. Unfortunately, this piece of evidence has been taken as a kind of prediction of doom, i.e., if you have too many fat cells you will be stuck with a life of obesity forever.

We don't take this fact as "doom" at all because we've seen many individuals who have more fat cells and who do indeed maintain a normal body weight. One of the things we do think, however, is that since many fat cells seem to be formed early in life, it becomes very important to start weight reduction and to pay attention to food intake as early as possible, because I don't think it is any particular advantage to have more fat cells formed early in life.

I would like to tell you about some experiments that we have done on the genetically obese animal. There is a rat — that on genetic grounds (inborn hereditary grounds), tends to become fat. This animal does have more fat cells when it becomes fat. We have shown rather conclusively that given a diet sufficiently early in life, the obesity is not completely prevented, but it can be reduced considerably. This is an extreme and a very unusual case, rarely, if ever, present in man. Even were a person destined to become obese by his genes, even in this [hypothetical] circumstance, a large measure of the obesity could be completely preventable by instituting a proper diet sufficiently early in life.

We don't know exactly what the situation is in man. Are there people who are genetically obese, or aren't there? I think if there are it is only part of the story, but even so, proper diets can take a long step forward toward the prevention of obesity.

One last word: I have mentioned some of the factors involved in fat storage — food intake, activity, and some metabolic factors that are not as yet fully clear. What strikes me as I observe the way our society operates is that we have been bombarded with the most incredible campaign of behavior modification. That is, food advertising concentrates on how delectable food is, how much one should eat, the sociability of eating and eating in large quantities. All these aspects direct us to take in and store more food.

Our physical activity patterns are also all in the direction of less, not more. One leads a supposedly more luxurious life by having push buttons in his car to automatically open windows, machines that mow your lawn, and gadgets to have us conserve extra calories and use less energy.

I think we've really been good subjects of this behavior modification. . . . We've responded so well to this that about 30% of all Americans are definably overweight. This number is actually increasing. . . .

HEART DISEASE AND OBESITY

DR. GEORGE CHRISTAKIS:

Obesity, or to use the kinder, but less accurate term, overweight, is sort of, or at least like, "Susie's Pregnancy." It is more like a "delicate condition" than a disease, a physical sign or a syndrome. Some scientists today consider obesity more of a social embarrassment than a threat to health, but there are some of us who indeed consider obesity a weighty problem.

The excess fat tissue we carry around seems to trip a series of metabolic reactions which, when added up, contribute to disease. The key word here is "contribute" *not* cause. Herein lies the concept that I believe is new to the public, and perhaps not even fully appreciated by the medical profession. Since the dawn of contemporary science [based on the discovery of the microscope, and with it the germ theory] doctors have looked for a single cause of a disease. This single factor, often called the ideologic agent, is from the Greek word *etia* meaning cause. Thus, the tuberculosis germ caused tuberculosis, the hepatitis virus caused hepatitis, the malaria parasite caused malaria. Find the bug, and you've cured the disease. It was scientific, logical, and neat. Great strides were made in improving the health of untold millions through the advances made in microbiology and chemotherapy [the latter refers to the type of medication given].

Other conditions, however, do not fit so readily into a neat conceptual package. High blood pressure, or hypertension, is an example. We now know that there are many causes of hypertension. For example, there is hypertension caused by a poor blood supply to the kidney or an excess of certain chemicals produced by certain glands in the body. The key cause or causes of common hypertension . . . continue to es-

cape detection. There seem to be little "causes" why people are hypertense. These include family pre-disposition, excessive salt in the diet, overweight, and even psychological stress.

Let's take another health problem — heart attacks. The vast majority of cases seem to be the result of a process that partially blocks the arteries in the heart. It would seem that many little causes or contributing factors provoke the disease: a family tendency, elevated levels of serum cholesterol in fat (called triglyceride) in the blood, overweight again, and psychological stress.

Obesity, too, seems to be the result of the interplay of a wide variety of little causes.

There's no question that obesity is a factor in heart attacks.

There seems to exist a group of diseases or conditions which do not seem to be caused by a *single* ideologic agent. In the case of coronary heart disease only, it took a 25-year-study at Framingham, Massachusetts, costing many millions of dollars, to identify the factors *associated with* heart attacks.

These factors are called the *risk factors* of disease. I believe that the discovery of the risk factors of heart disease made by Dr. Thomas Darber and his colleagues in the Framingham study are as important as the discovery of the germ theory. They have opened a new chapter in the history of medical science. When we are able to control or reverse the way obesity seems to act as a risk factor in several very important diseases, we will have the key to turning back the epidemic of coronary heart disease, hypertension and diabetes which are now overwhelming western civilization.

Thus, as we have seen, obese persons are greatly at risk. . . . Coronary heart disease and high blood pressure are more common in the obese, and the appearance of diabetes can be initiated by sustained weight gain. Gall bladder disease, cancer at the top part of the uterus, even accidents, are much more common in the obese as compared to the normal.

What happens to high blood pressure when an overweight person has reduced? The blood pressure comes down in many, many instances. What happens to coronary risk when a "prudent reducing diet," which lowers both cholesterol and weight, is administered? The answer is that heart attack rates are dramatically reduced.

Therefore, the loss of excess fat tissue by proper weight control, and subsequent maintenance of normal weight, may be the most important steps in improving personal health.

A final tantalizing, impertinent, and even agonizing question: How does excess fat tissue exert its insidious risk factor effect in so many important and terrible diseases?

Here are some clues: Fat tissue has a rich blood supply. Obesity makes the heart work harder and may set the stage for aggravating high blood pressure. Obese persons often have elevated levels of blood fat, called *trigliceride.* This seems to aggravate degeneration of the arterial wall and contribute to heart attacks. Obese people may have high insulin levels. The excess fat tissue of the obese seems to make the fat cell less able to adequately burn up blood sugar and thus may contribute to diabetes.

Let's consider what may be profound psychological consequences as well.

The excess fat tissue changes the "body image" of the obese person, and affects the way he sees himself relating to other people and other people to him.

Permit me to make a final confession to you: Health professionals are not doing enough to combat the public problem that is obesity. It is certainly true, as Dr. Theodore B. Van Itallie, one of our country's great obesity experts, has said: "No condition is easier to diagnose but more difficult to treat." But too many physicians never warn patients of the health hazards of obesity. Many may not even tell them to reduce and too many of those who do, simply hand a 1200 calorie diet sheet and say "now just push yourself away from the table and you'll be fine." It is like giving a patient who has pneumonia a package of antibiotics without telling him how often to take the medication, or other vital information required for successful treatment.

The public is continuously victimized by weight reduction gimmicks — some dangerous. Just before I left New York, Attorney General Louis Lefkowitz had me testify regarding the alleged weight reduction virtues of a vibrating brassiere.

This is indeed a time when physicians, when official, voluntary and well-supervised commercial weight-reduction efforts are needed to work together, pool ideas and data and give America a new more healthful body image.

THE WRONG WAYS TO LOSE WEIGHT

DR. W. HENRY SEBRELL: One of the more popular new projects for losing weight that has come to my attention recently is "cellulite." The definition of cellulite according to the creator is: a gel-like substance of fat, water and waste products that accumulate in ugly lumps on fat people. Cellulite is just a new name for ordinary fat that accumulates in lumps on some people because of changes in the elasticity of the skin. If you exercise and follow a properly restricted diet, you will lose weight.

The second subject I would like to mention is the use of hormones in obesity. Several clinics have recently been using injections of human chorionic gonadotropin (HCG) along with a 500 calorie diet to cause weight loss. There is no acceptable medical proof that HCG is of any benefit in weight reduction. It is the 500 calorie diet that causes the weight loss, and this is a dangerous starvation level of food intake. The FDA announced in December 1974 that it intended to announce that no evidence exists that HCG is useful in obesity and that its safety and effectiveness for obesity has not been established.

Another hormone widely used in obesity is thyroxine (T_4) or its relative tri-iodothyronine (T_3). These have been used on the basis of the misconception that many obese individuals have an underactive thyroid. These hormones will cause a temporary loss of weight through their stimulation of metabolism but the weight loss is temporary and they may cause serious cardiovascular complications. None of these hormones should be used in a weight loss program.

Acupuncture has recently become popular as an adjunct in weight loss programs. The treatment consists of driving a metal staple in the external ear. Rubbing the staple is said to give a

sense of fullness for several months. It is possible that acupuncture may be of psychological or other benefit to some people through giving a sensation of fullness. However, it must be accompanied by a restricted food intake such as WEIGHT WATCHERS provides to be of real benefit.

I would like now to say a few words about the intestinal bypass operation. This has been in use for about 20 years but is now being widely used by a number of surgeons in this country. It is a surgical procedure that almost any surgeon can perform. The abdomen is opened, the intestine is severed and most of the small intestine is bypassed so that food moves through the intestine very quickly and bypasses most of the area where nutrients are absorbed. The patient is left with about one-third of the normal intestine for the absorption of food. This sounds like the answer to the fat person's dream of being able to eat everything but not absorb it.

Unfortunately, there are indications that in some cases this dream turns out to be a nightmare. Careful studies of the effect of the operation have shown that there may be serious liver damage and death following the operation. In one report on 36 cases, one person died and 42% of the group had evidence of liver damage. There is another report of five cases of liver damage following the operation in which four died in spite of attempts to repair the bypass. In another report, there were seven deaths from liver disease in a group of 63 pateints.

In addition to this serious risk, the reports often don't tell you that there is always a severe diarrhea that may last from six to twelve months. This is uncomfortable. Part of the unexplained weight loss following the operation may be due to a decrease in the consumption of food to control the diarrhea. Everyone considers the operation serious because of the frequency of liver damage. Most of us are convinced that the operation should only be done for morbidly obese individuals with serious medical complications and when all other methods of control have failed. This is not by any means the ideal answer to the fat person's dream of eating everything and staying slim.

The last topic I want to mention is starvation. I have seen people who want to follow 500 and 600 calorie diets. This is semi-starvation and should only be allowed under the closest medical supervision. Starvation is a bad condition, which may cause death. You not only are getting an insufficient diet, but also the symptoms of starvation such as weakness, low blood pressure, decreased pulse rate, lowered metabolic rate, loss of attentiveness and loss of mental alertness. Don't eat less than is recommended on a nutritionally sound diet. Another big defect in this type of diet is that it doesn't teach anything about permanent modification of food habits. You're just going to look forward to the day when you can go back to that lovely big diet again.

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CANADIAN REPORT

DR. SABRY: The subject that I want to cover is that of a study that we did in Canada. This was a national nutrition study that was carried out over a period of two years. The findings of this study point out that the number one problem in Canada is obesity. We found that one out of six adult Canadians were grossly obese. At least half of the adult population in Canada is overweight to some extent. This is really very startling. We also found out that the difference in the caloric intake of those who are obese and those who are not is small. This is not surprising in many ways because it doesn't require many calories in excess of those one spends to build up fat tissue. For example, if a person takes an extra sliver of pie every day, an excess of 200 calories of what he or she needs, this amounts to 6,000 calories a month or a 20 pound increase in weight a year. If this projection is carried on for only three years, one already has 60 pounds. So the problem of obesity could creep up on us very easily.

We found that women on the whole take in fewer calories than do men. More women than men go on diets. This leads to a number of nutritional deficiences in women. The only exception was in Vitamin C where there was no difference between women and men. With other vitamins and minerals, however, we found the women's diet more deficient than the men's.

This indicates the importance of a well-designed diet that would supply all the necessary vitamins and minerals.

We also have indications that the sedentary life we lead in Canada may be contributing to obesity. . . . It appears to be a matter of eating too much and exercising too little.

Some of the measures that we considered to alleviate the problem include the use of social marketing techniques in intervention against obesity. However, such programs are far from the implementation stage. At this point in time, some provinces have developed programs to promote good eating practices and increased activity such as the Recreation-Nutrition (ReNu) program in Manitoba. Other provinces have developed programs to promote fitness without a nutrition component such as Action BC in British Columbia and Shape Up Alberta and the Participation project in Saskatchewan. Ontario and Quebec are considering similar moves.

All these activities indicate a general interest on the part of the government, and, I think, with the public as well, in improving the health status of Canadians. □

BICYCLING ACROSS THE U.S.A.

continued from page 21

majestic, rugged peaks. They cycled 1,500 miles through the awesome mountain range, crossing the Continental Divide eight times. As they surveyed Hoosier Pass, their highest summit at 11,500 feet, a cold rain began.

They mounted the bike and began pedaling furiously toward the town of Alma below them. "I've never been so cold!" Linda yelled to Jim as the rain beat against her face.

"Don't panic! We'll make it," he answered in a shaking voice. And they did.

In Breckenridge, Colo., they were greeted by a cheering crowd. "You're winning the race!" one enthusiast exclaimed. Jim and Linda turned around on their bikes to discover a pack of cyclists behind them. They had accidentally pedaled onto a race route.

Pike National Forest, Colo., brought a multitude of hazards. They rode gravel paths for 12 miles as traffic sped past them on the main road, and gravel flew in their faces.

Suddenly, a red Vega pulled alongside, the driver motioning them to stop. "I'm Father Bernard from the Canon City Abbey," he said. "I saw you on television in Denver, promoting the Bikecentennial, and I just wanted to do something for you."

He handed Jim and Linda a package that contained diet soda and fruit. They managed a brief "Thank you" before plunging into the snack.

They discovered that Father Bernard had spotted them on the route and driven 26 miles to the nearest town for the refreshments. He returned twice during the day, offering at one point to drive them.

"No, thanks," Jim told the priest. "We've been through experiences as bad — or worse — by now."

"If we're going to cross this country, we're going to pedal every inch of the way," Linda agreed.

The priest left them, but contacted people in the next town to expect the cyclists.

Hot and tired after the Rockies, they took the route across the plains of Kansas. In Cassoday, the "Prairie Chicken Capital of the World," they visited the local "swimmin' hole," a novelty for a couple used to the Pacific.

In the Flint Hills, they experienced the hospitality of rural life. Truck farmers loaded with produce for market, stopped to offer the cyclists a hitch to neighboring towns. When they discovered that Jim and Linda were the Bikecentennial pair, they offered whatever assistance they could. All were deeply flattered that the two had chosen Kansas as part of the route.

They breezed through Missouri, Illinois, and on to Kentucky, with three-quarters of the trip behind them. Then, in the small town of Dixon, near-tragedy occurred.

A small dog ran across the path of the cyclists, hitting the bike, and causing Jim to lose his balance and fall on the road.

He was unconscious. Linda tried reviving him, but couldn't. She ran down the road for help. Within minutes, an ambulance from the local hospital had arrived on the scene. Jim was carried unconscious on a stretcher.

Hours later, he regained consciousness. It was a mild concussion, but it left Jim stunned and an amnesiac for hours. Released from the hospital, he was cautioned to rest before continuing the trip.

"I guess it was in Dixon, while Jim recuperated, that we realized we loved each other," Linda confessed. "Anybody who wants to find out if they are compatible should ride a tandem bike cross-country. Your gut feelings really come out. Everything comes out!"

Linda called her parents in California to break the news. "Jim and I are in Kentucky now. He had an accident, but he's okay. We're getting married."

Since their bike trip had taken them through America's heartland, they decided to have a Colonial wedding. They pedaled to Williamsburg, Va., and on to

continued on page 58

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Valerie Harper

continued from page 19

At fifteen, she was a student at Lincoln High in South Orange, New Jersey, and was studying ballet with Agnes De Mille in New York, when she heard of an audition at Radio City Music Hall. There was an opening for two girls in the *corps de ballet.* You had to be 16. Val stretched her age a year for the occasion, out of a 100 applicants was the first one chosen, and promptly started doing four or five shows a day during vacation from Lincoln High.

She had planned to go to college, but she was barely graduated from high school that spring when she tried out for *Li'l Abner* and again was chosen. "My dad said, 'Sure, go ahead, Val, you can go to school later.' And I have gone back to college on and off." After the Broadway production of *Li'l Abner,* of course, there were the Las Vegas and movie productions and then three more Broadway shows: *Take Me Along, Wildcat,* and *Subways Are for Sleeping.*

"I was so lucky to have parents who were so great. They paid for dancing lessons until they must have been blue in the face, but they always backed me. I've known so many kids who had to buck their parents and all those old-fashioned ideas about it being a disgrace to be a dancer." She is still very close to her father, to her stepmother, Angela, and their daughter, Virginia. She's close, too, to her own mother who has gone back into a career in nursing, handling open-heart surgery cases in San Francisco. "My mother really knows her job. It's such a pleasure when someone is turned on by his work."

The family is scattered but emotionally close. They are deeply thrilled by Valerie's success. Her editor brother calls from Ashland, Oregon. "Listen, Val, I want to put your picture in the *Ashland Herald."* Her sister calls from Seattle. She has had a chance to visit them both on this last hiatus. Of course, what thrills them more than her success is the fact that she hasn't changed.

"How could I?" Valerie says. "I'm the same person. Me, Valerie. I've always worked. It's a job." When she decided to become an actress, give up the salary and the prestige she'd earned as a dancer, she discovered it wasn't easy to make the switch. She worked at a number of jobs that had nothing to do with show business, all the while making the rounds for tryouts. She and her original roommate next moved to 101 Riverside Drive in New York with actress Arlene Golonka and four other girls.

"It was one of those big Westside apartments with nine rooms. A couple of the girls were actresses, one was a secretary, one a waitress at the Gas Light Club. I lived there for three years. Arlene, during that time, was doing plays. She was really terrific to me. She'd go for a reading and call me saying, 'Listen, there's a great part here. You'd be great in it.' I would say, 'How about you?' 'Well,' Arlene would say, 'If I don't get it, I want a friend like you to get it.'

"This is the absolute truth. Did you ever hear of anyone like Arlene? Sometimes they'd want someone taller than she and I'm a little taller. Arlene and I did *Come Blow Your Horn* in a workshop. She was the original girl in *Broadway.* She worked with me and coached me. A wonderful director! She got married and moved up one flight of stairs in our building and the rest of us were always at her place. To this day we're good friends. We should be, she even got me my husband, Dick.

"Working in *Second City,* she kept telling me about this adorable guy. 'If I wasn't already married, I'd grab him myself,' she'd say. Just like with the jobs. I'd been going with this other guy for two or three years. It wasn't getting anywhere. There were a lot of tears and crying, and 'I don't know if he'll ever marry me or not.' You know. Arlene got me tickets for *Second City* and I went with this boyfriend of mine. Arlene stationed Dick behind the curtain and told him, 'There is my girlfriend. In the fourth row. She's not only beautiful from the outside, she's beautiful from the inside.' After the show, of course, we met, and the next day Dick called. Two or three weeks later, he said, 'Val, we're going to get married.'

"That was the spring. We married in December, ten years ago."

Ask Val now if she had any idea how she was going to make marriage and a career work, and she says, "Oh, I used to read *True Confessions* at the age of twelve, but every case is individual. I wasn't even an actress until Dick. I was a dancer. There's a very real danger in being typed as a chorus girl. I used to sit in the chorus girls' room and wonder what I was doing there.

"It's hard to change an image. I even thought of the Peace Corps. After [the play] *Subways Are for Sleeping,* I decided it was the end. I got offers afterward for five different shows, all chorus parts, and turned them down, despite the really good money. I worked for a year at Macy's. I worked as a hat-check girl at a restaurant and on industrial shows.

"My career boomed after I married. I got into workshops with Dick and started working with him. We've done slews of plays together.

"When we're together, we 'play,' take parts, it's like a game. Dick thinks this is what men and women are for — to play together. We share everything. To this day, busy as he is, he works on every script with me. My working simply enhanced our lives. I guess it depends on your man. Dick always encouraged me to work. He is always working. He feels you have to bring 100 percent to a marriage so that you'll have something to share. I live my life and he lives his. We chose to live it together. I never struggled for a big career, I just wanted to work."

She still feels that way. When the *Rhoda* show came her way, Valerie wasn't at all sure what to do. She had loved *The Mary Tyler Moore Show,* loved working with Mary and the gang. She told me then that she had never wanted to be a star, never thought of it, and the feeling was scarey. It was Dick who tipped the scales. He told her that she had barely scratched the surface of Rhoda's character. Now, she would have a chance to deal with Rhoda's life instead of just the way she related to Mary's life.

Mary remembers that Valerie came to work after her talk with Dick and said: "Dick just gave a quick course in psychiatry. He's my best friend; I'm very lucky. I keep telling myself: 'You must be worthy of all this since Dick loves you and he's perfect.' "

Now she is a star. That doesn't surprise anyone who has ever known her. She not only has always had the talent, she has had the warmth and the giving that spill right out of that television set into your living room. She has humanity that never stops. Assessing her shape, she says, "Let's face it, I've still got too much in the caboose. Calves — they'll do. When you ain't Juliet Prowse, you work with what you've got." When recently asked by *TV Guide* how she sees herself in the future, the answer was: continually maintaining her weight.

Valerie Harper was always beautiful. All that has changed is the image. Now it's glamorous. □

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The Then-&-Now Scrapbook

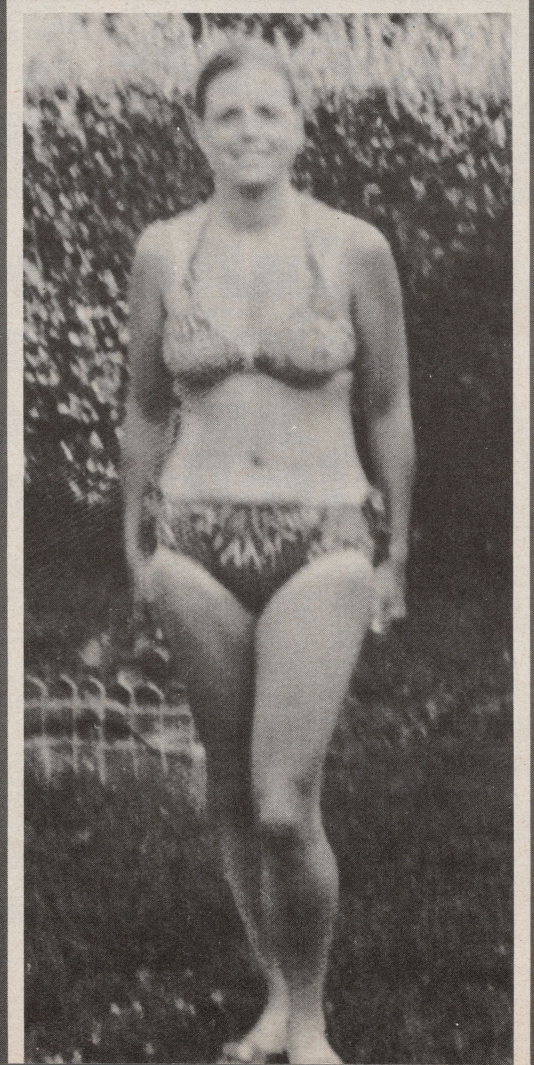
"OVERWEIGHT FOR 36 YEARS"

EDITH J. SOMMERFELD, North Bend, Oregon

"I got heavier and heavier the older I became. I tried fad diet after fad diet. Then, a visit to a sister in Canada got me on the right track. One shopping spree with her was all she could take. I could hardly walk and had to stop and rest about every half block. She talked me into doing something about my weight right then.

"Today, at 123 pounds, I feel like a new and different person, since I quit carrying around that other person who weighed 235 pounds. It is so good to be able to run, get in and out of bathtubs without help, tie my own shoes, etc. I am 60 years old and only 5 foot 1. I have nine grandchildren and even they compliment me. They call me their skinny grandma. How great! To be able to wear small size clothes again is something so wonderful, nobody would know unless they have lived in tents (that's what I called my dresses) as I did."

"35-POUND WEIGHT LOSS"



INA R. COHEN, Baltimore, Maryland

"Last summer, I thought I was just 'plump'—plump at 173 pounds! You can imagine what that looked like in a bathing suit, but you never will because I never had my picture taken in one.

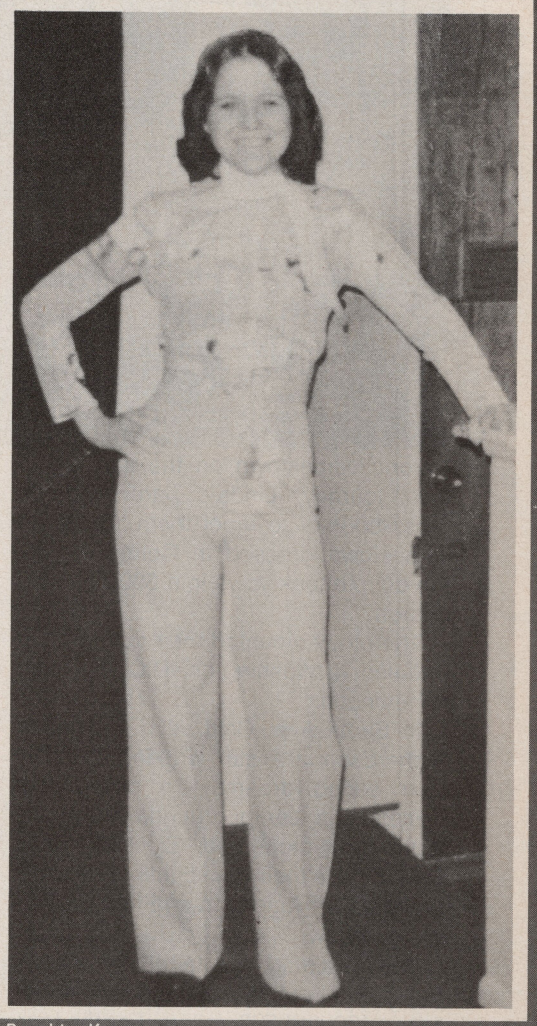
"I never felt comfortable in any of my clothes. Nothing seemed to fit properly. I was size 16 going on size 18. When I finally looked into the mirror, I cried for an hour, but I resolved to do something.

"By the end of summer, I had reached my goal of 139. What a difference in the way I feel! I can't tell you how it helps one to have more respect and confidence. Now I wear a size 12 and have never been happier in my life."

The Then-&-Now Scrapbook

"225½ POUNDS LOST BETWEEN THE 2 OF THEM"

Husband Gordon



Daughter Karen

KAY PERRAULT, Warren, Michigan

"My husband and daughter had a weight problem for a long time and both had tried several diets, but nothing worked. After much thought, Gordon asked our daughter if she'd join Weight Watchers. Because of her weight problem, she wasn't happy about starting high school in the fall. So she made a deal with her father, saying that she would join if he would. To my surprise, they both joined.

"On February 11, Gordon reached his goal weight of 180½ and has now lost 132 pounds; Karen reached goal April 1, losing a total of 93½ pounds. She weighs 131.

"My husband still finds it odd not to go to the end of a men's pants rack and be disappointed when they don't have his size. He went from size-52 pants and 18½ shirt to size-36 pants and size-15 shirt. Instead of the withdrawn and lonely young girl she used to be, Karen is our happy daughter who went from a size 22½ dress to a very slim and flattering 12."

"FROM 196 DOWN TO 135"

MAXINE BONNER, Hawthorne, California

"In January, our son told us of his plans to marry in June. All I could think of was: 'How am I going to find a nice dress to wear for a formal wedding.' I wore a size 20½ and weighed 196.

"On February 1, my son's birthday, I joined Weight Watchers. This was my birthday gift to him, with a promise to wear a size-16 dress to the wedding. I kept that promise. By October, I had reached my goal weight of 136 and now I am one pound under. Happy! Happy! Happy!"

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BICYCLING ACROSS THE U.S.A.

continued from page 53

historic Jamestown on the last leg of their journey. Linda's parents drove cross-country to meet them. There, in Jamestown dressed in Colonial garb, the couple took vows in a 300-year-old church.

Then they mounted their tandem and pedaled to Washington, D.C., for their honeymoon.

In Santa Ana, Calif., Jim and Linda Richardson are still working to fulfill their biking dreams — a network of hostels and camp grounds along the route they pioneered. By 1976, they plan to have their transcontinental route prepared for American and foreign visitors to follow.

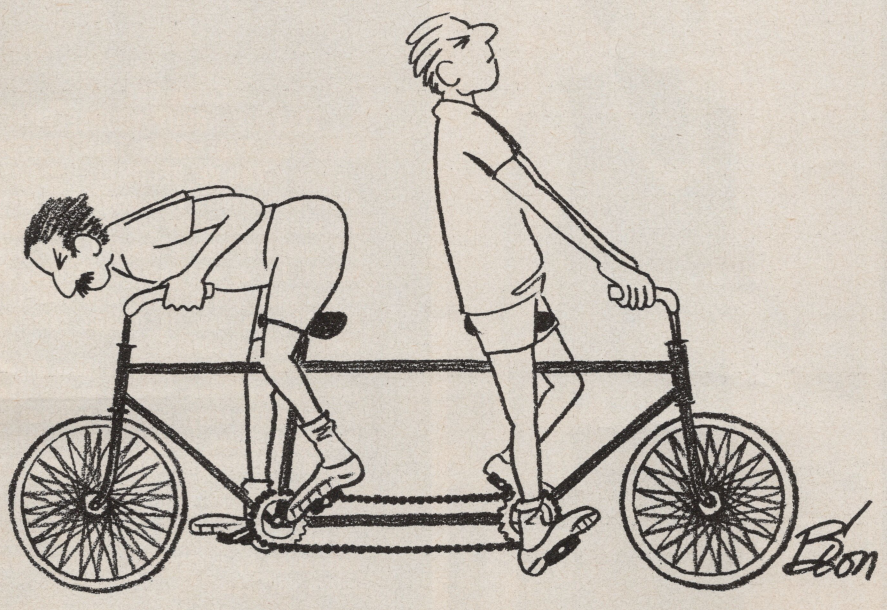
They estimate the length of such a trip to be about 76 days and to cost between 400 and 500 dollars. For the tour, the Bikecentennial committee will provide two meals a day, lodging, insurance, emergency bike repair service, a tour guidebook and a tour ride leader.

After retraveling the route by van to gather facts for the guidebook, Linda and Jim are convinced that the way to see the nation is from the seat of a bike.

"When you tour on a cycle, you sense more things than from a car or plane," Jim says. "It's like a cinerama feeling, surrounded by constantly changing pictures. The richest man in the world can't go to a travel agent and purchase this trip. But he can see it all from the seat of a bike." □

Ed. Note: Other routes to join the Bikecentennial Trans-America Bicycle Trail are now being developed, including a northerly coast-to-coast trail, an Appalachian Trail and one stretching from Canada through Mexico.

Information on the routes can be obtained from Bikecentennial, P.O. Box 1034, Missoula, Montana 59801.



There are Weight Watchers® locations throughout the United States.

For more information, check the white pages of your local phone directory for the class nearest you.

Classes outside the United States meet in:

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Quebec, Que. (418) 651-9224
Trois Rivières, Que. (819) 378-3655
Hull, Que. (819) 770-4108
Regina, Sask. (306) 522-4455
Saskatoon, Sask. (306) 652-8446
Edmonton, Alta. (403) 424-6491
Calgary, Alta. (403) 262-6472
Vancouver, B.C. (604) 879-9166
Kamloops, B.C.
Nelson, B.C.
Victoria, B.C. — Zenith 2107 TOLL FREE
Brandon, Man. (204) 728-7226
Winnipeg, Man. (204) 942-4284
Belleville, Ont.
Pembroke, Ont.
Peterborough, Ont.
Kingston, Ont.
Brockville, Ont.
Cornwall, Ont. — 1-800-267-8244
London, Ont. (519) 679-8709
St. Catherine, Ont. (416) 934-2451
Hamilton, Ont. (416) 388-4324
Ottawa, Ont. (613) 238-1167
Sault Ste. Marie, Ont. (705) 949-3500
Sudbury, Ont. (705) 560-0333
Toronto, Ont. (416) 275-5222
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Dusseldorf, (0211) 482086
Frankfort (0611) 295632

Or write to: Weight Watchers International, Inc., 800 Community Drive, Manhasset, N.Y. 11030

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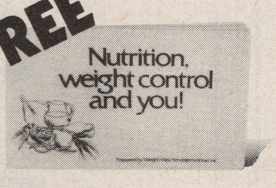

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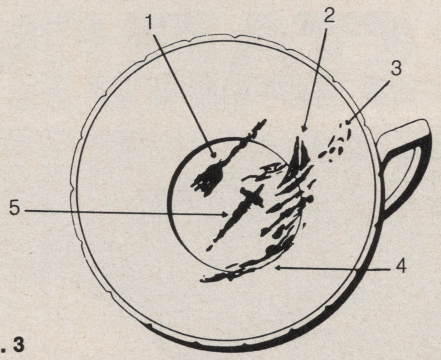
TEACUP

continued from page 12



CUP NO. 3

The teacup says (1) there is to be quite a change in your life. (2) Before this change occurs, a friend will come to visit you. (3) There seems to be money involved here, and (4) there may be danger from that friend. (5) There is a short journey after this meeting is over. Are you having trouble reading the leaves? You have to use plenty of imagination.

HEART — A lover. If close to a ring, marriage to the present lover. If indistinct, the lover is fickle.

HEAVENLY BODIES (Sun, Moon, Star) — Good luck—great happiness and success.

HEN — An addition to the family.

HORSE — Prosperity as the result of a journey.

HORSESHOE — Luck for oneself and one's friends.

HOURGLASS — Imminent danger — be warned.

IVY LEAF — Faithful friends will help on the road to prosperity.

JUG — Health.

KEY — Problems solved. Business improvement.

LADDER — Travel after great success.

LILY — Happiness and true friends.

LINES — Journeys and the direction of travel. Irregular lines means interrupted journeys.

LION — Powerful friends.

MAN — Arrival of a visitor. If distinct, dark complexion — if indistinct or blurred, light complexion. If near dots, visitor will bring a gift.

MOON (Crescent) — Prosperity — fame. If cloudy, difficulties will be solved.

MOUNTAIN — Powerful associates.

OAK LEAVES — Lucky symbol. Long life — prosperity — happiness.

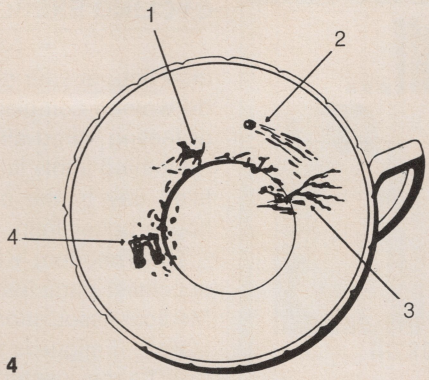
OWL — Indicates sickness or poverty. Warning against starting a new venture.

How to make perfect hot tea *continued*

BY THE CUP:

Place teabag in cup, pour boiling water over the tea and cover cup with saucer. Let stand 3 to 5 minutes.

Quickest way of all to make a single cup is to use instant tea. Place one teaspoon of powder in cup, fill with boiling water.



CUP NO. 4

Here the teacup shows (1) you have many faithful friends. (2) But you are unhappy and worried. (3) If this worry is about your health, you should not grieve, because there is recovery due for you very soon. (4) Your spirit should be good, for there is a trip abroad in store for you, with money around it. That's a lot of forecasting and fun to get from one cup of tea!

PALM TREE — Good omen. Success in any undertaking. Single people learn of marriage.

PARROT — Removal to distant lands.

PITCHER — Success in commerce.

RABBIT — A change for the better.

RAVEN — Unexpected trouble — possible disaster.

ROSE — Good fortune.

SCISSORS — Sickness — quarrels — loss of a friend.

SERPENT — Bad luck — sickness — unhappiness.

SHEEP — Prosperity.

SPIDER — Unexpected legacy.

STAR — Good luck. If near a crescent, usually large fortune coming.

STEEPLE — Disappointments.

SWORD — Lovers' quarrels.

TOAD — Unknown enemy.

TREES — Recovery of health. Prosperity and continued good health.

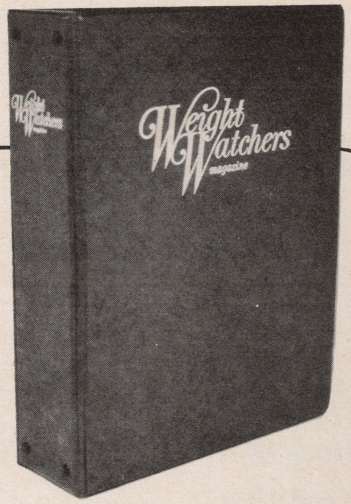
WHEEL — Unexpected gift.

WINDMILL — Success after assisting another in business.

WOLF — Guard against jealous friends.

For Tea Leaf Reading: Make the tea in a teapot and use loose tea, of course. Just before pouring, stir the tea so the leaves float in the brew. Pour tea into cups and, if there are too few floating leaves, spoon about ¼ teaspoon of leaves into each cup. When ready to start the fortune-telling, leave a little liquid in the bottom of the cup and swirl the cup around so the leaves cling to the sides. □

TEA COUNCIL OF THE U.S.A., INC.
230 Park Avenue
New York, N. Y. 10016



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Weight Watchers Magazine is a continuing source of helpful information on food, fashion and beauty, health and nutrition. Because the magazine is so useful as a reference—and since any issue can often be the inspiration for an appetizing menu, long after the magazine first appeared—we provide a special back-issue service for readers.

You can obtain the 12 issues of *Weight Watchers Magazine* published in 1974, inserted in a red library binder, gold-stamped with the name of the magazine on the front and side, at a special price. The issues include such popular features as the winners of our Annual Gourmet Recipe contest, with their recipes... pull-out recipe sections, 7-day menu plans, etc.

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RECIPE INDEX:

JULY, 1975

As part of our expanded service to readers, each issue of *Weight Watchers Magazine* contains a Monthly Recipe Index, culminating in our December issue with a cumulative Annual Recipe Index.

If you wish to purchase a back issue to obtain any recipes from previous issues, please see our Back Issues ad on page 60.

INDEX BY RECIPE NAME:

A
ANYPLACE CHICKEN 26
ASPARAGUS WITH COLD FISH SAUCE 26

B
BORSCHT WITH CRANBERRIES 26
BRAISED CUCUMBERS 27
BRIGHT DELIGHT 27
BRUNSWICK "STEW" 27

C
CAFE AU LAIT SNOW 27
CAULIFLOWER CASSEROLE 28
CHICKEN LIVERS NIRVANA 28
CHICKEN LIVERS WITH RICE 28
CHICKEN WITH LIME 28
CHOPS AND KRAUT 29
COTTAGE CASSEROLE 29
CREAMY COCKTAIL SAUCE 38
CRUNCHY FRANKS 29
CURRIED SHRIMP SALAD 29

D
DEVILS WAKE-UP 30

E
EASY CHOWDER 30
EGG AND RICE SALAD 30

F
FANCY FLOUNDER 30
FARMERS' FISH 31
FISH BISTRO 31
FROSTY "FRAPPE" 31

H
HEAVENLY HOMINY 31
HERBED MEAT BALLS 31

L
LAMB LUNCHWICHES 32
LAMB STUFFED RED PEPPER 32
LEMONY LIVER 32
LIMA BEANS ROMANOFF 33

M
MINT TEA 33

P
PAN "CAKE" 33
PAPRIKA POTATOES 33
PLANTATION HOMINY 33
PLEASANT PERCH 33
PLUMS PATRICIAN 34
PORK ROAST PIQUANT 34
PUMPKIN SOUP 34

R
RED FLANNEL HASH 35
REFINED FISH STEW 35
ROCKET BURGERS 35
ROUNDUP LUNCH 35

S
SAUERBRATEN SPICED ROAST 35
SAUSAGE SKILLET 36
SCALLOP SALAD 36
SCALLOPED CARROTS 36
SEAFOOD ROYALE 36
SETTLERS' BAKED COD 37
SNACKGEL 37
SOY BEAN BARBECUE 37
SPINACH SUPREME 37
SUMMER SPECIAL 38
SUMMER SWEET 38
SUNSHINE ASPIC 38

T
TANGY TOAST 38
TOMATOES EASTERN SHORE 39
TUNA BEAN BAKE 39
TUNA RICE PIE 39
TWO-TONE SALMON CHEESE RING 39

V
VEAL PAPRIKA 40

W
WELSH RABBIT 40
WESTERN STEAK 40

keeping it off...

Meet... Alta Indelman she's kept 34 pounds off for 6½ years

REGO PARK, N.Y.—"I was heavy since I was eight years old. I just didn't know when to stop eating," says school teacher Alta Indelman who, at the age of 14, weighed 167. "When I decided to lose weight, I never cheated while I was losing that weight," she asserts, "not a crumb. As an educator, I realize how important it is not to let yourself fail, because then the chances of trying again are that much less. You start thinking of yourself as a failure. I guess I realized that instinctively when I was younger."

Over the past six years on the Maintenance Plan, 132½-pound Alta developed a discerning taste and claims that candy and cake now taste abnormally sweet to her. "I love vegetables," she states, "and I can tell the different kinds of tea by taste. Enjoying the flavor of everything helps satisfy my craving for food." Pecan pie used to be her major temptation, and on a rare occasion she may still eat a piece, but only after carefully figuring in advance a week's eating plan. Activities play a key part in Alta Indelman's life, and she calls them her "salvation." Currently constructing a doll's house for her collection of miniatures, she also plays the guitar and recorder and runs the school newspaper, saying "I have to keep busy, or all I want to do is eat." With the same determination shown in regimenting her meals, Alta Indelman is planning to return to school this fall in order to become an architect.

Here's a typical Maintenance Plan menu for one day that Alta Indelman — or any woman — might enjoy:

BREAKFAST
- ½ cup Orange and Grapefruit Juice
- 1 scrambled Egg with Chives
- 1 slice Raisin Toast
- 1 tablespoon Cream Cheese
- ½ cup Skim Milk
- Coffee

BETWEEN-MEAL SNACK
- Dietetic Carbonated Beverage, any flavor

LUNCH
- Club Sandwich
- ¼ medium Pickle
- ½ medium Cucumber, sliced
- ½ cup Skim Milk
- Coffee

BETWEEN-MEAL SNACK
- Gelatine Mold

DINNER
- 4 ounces broiled Finnan Haddie
- ¾ cup Asparagus and Mushrooms
- 4 ounces Carrots
- 1 tablespoon Margarine
- ¼ medium Pineapple
- Coffee

BETWEEN-MEAL SNACK
- Strawberry Milk Shake (1 cup skim milk, 1 cup strawberries, artificial sweetener to taste)

CYCLING EXERCISE

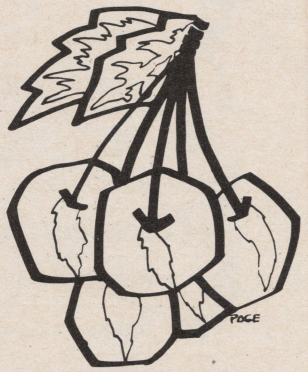
continued from page 43

after hour at your desk? And, how often do women complain to their husbands of feeling "tired all the time"?

Nothing fights fatigue after a tension-filled day in the office or around the house better than a bicycle.

Dr. Theodore Klumpp, a New York specialist participating in an American Medical Association panel on geriatrics, stated, "Fatigue is the greatest obstacle to a happy, useful life for oldsters. Its best antidote is physical activity when one feels tired. Over and over again it has been demonstrated that physical activity at the end of a trying day brings a degree of freshness and renewed energy that nothing else can equal."

And a recent study of fatigue showed that this is a primary complaint of executives. In a survey of 165 top-level executives, 43 percent said they often feel tired. They ascribed their fatigue to job pressure (61 percent), increasing age (46 percent), and excessive work load (25 percent).



Dr. John E. Vaughan, Vice President of Governmental Affairs at Fairleigh Dickinson University, observes that some executives feel 30 years old at 9 A.M. and 60 at 5 P.M. Other observers of executive life note that the ability to build up and keep a full head of steam all day long is crucial if job and career goals are to be met.

Why does exercise promote health? Let's look for a moment at the heart and lungs.

The Heart

The heart is a fantastically efficient machine. It pumps 5.2 quarts of blood in a minute in a person at rest. It can pump as much as 31.7 quarts a minute during exercise. The blood is a transport vehicle that carries off wastes and

WHERE TO CONTACT THE HAIRDRESSERS MENTIONED IN *THE AMERICAN LOOK*
on pages 47 — 49 in this issue:

Rocco Altobelli
Rocco Altobelli Hairstylists
617 Cleveland Avenue
St. Paul, Minnesota 55116

Charles Di Anthony
9 White Street
Cambridge, Massachusetts 02140

Jon Guenter
Jon Guenter Haircolor Specialists
5 East 57th Street
New York, New York 10022

Travis Johnson
Neiman-Marcus Beauty Salon
7000 Camp Bowie Blvd.
Fort Worth, Texas 76116

Michael Marks
Hair Salon
Elkins Park Plaza
Elkins Park, Pa. 19117

Yosh Toya
YOSH for Hair
173 Maiden Lane
San Francisco, Calif. 94108

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supplies nutrients to muscles and other tissues.

Arteriosclerosis is a disease in which the walls of the arteries become hardened and calcified. In extreme cases, the arteries become pipelike, bonelike tubes. *A very small decrease* in the diameter of your veins and arteries due to calcification will result in a *great decrease* in the amount of blood these vessels can carry. To compensate, the heart must pump harder and the blood pressure goes up. High blood pressure is a common cause of stroke or rupture of a blood vessel in the brain.

Atherosclerosis occurs when fatty substances are deposited in the lining of the blood vessels. The fatty deposit comes in contact with the flowing blood and can start a blood clot which, in turn, may plug up the arteries that feed the heart. This plugging of the coronary arteries (thrombosis) is a major cause of heart attack. Such a blood clot may also block arteries that lead to the kidneys and cause kidney damage, or it may block an artery in the brain and cause a stroke.

Exercise, by keeping the blood flowing swiftly, helps prevent these dangerous symptoms.

The Respiratory System

One measure of lung efficiency is vital capacity — the difference between the maximum amount of air that can be taken into the lungs and the maximum amount forced out. Your ability to breathe deeply depends on the strength of your respiratory muscles.

Exercise strengthens respiratory muscles and, by inducing regular deep breathing, can help keep vital capacity high.

CYCLING REGIMEN

If you are not used to strenuous exercise, take it easy on bicycling in the beginning. Do not tackle a cycle tour without conditioning yourself first. Keep your bicycle in the lowest, or next to lowest, gear and ride slowly, without strain, three or four miles a day for two or three weeks. Build up your cycling stamina gradually by increasing your daily rides by two or three miles each week. If you are in good health (and you should have a complete physical every year to be sure about this), you will probably find that 10 miles or so a day will keep you fit and trim. □

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A Fall Preview Special on home canning and freezing

Grooming for men From haircuts to the perfect shave

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Heard & Overheard

A nomad returned to the Arabian desert after a trip to the U.S. As he unpacked, friends gathered and asked him what impressed him most in the Western world. "Was it the tall buildings?"

"No," he replied, unpacking his robes.

"Well, then," asked another, "what did impress you most?"

"American salesmen," he said as he carefully unwrapped an outboard motor.

Mississippi Educational Advance
Submitted by K. K. Kayes

There had been several earthquake shocks in the neighborhood, so a couple sent their young son to visit an uncle who lived some distance away.

A few days later, the parents received this telegram: "Am returning boy. Send earthquake."

The Optimist Magazine
Submitted by Mimi Mays

There are two kinds of individuals: Those who create happiness wherever they go and those who create happiness whenever they go.

Anonymous

Nothing to lose: "Congratulations, sir," said the psychiatrist. "You're cured."

"Some cure," replied the patient. "Before, I was Napoleon. Now I'm a nobody."

National Enquirer
Submitted by Dolores Sireno

The teacher was explaining the dolphin's habits to her class. She concluded her lecture saying, "A single dolphin will have as many as 2,000 babies."

A pupil raised his hand. "How many," he inquired, "do the married ones have?"

Submitted by Doris

The safari party, just returned from a three-week hunting trip into the jungle country, clustered around the hotel bar. "Did you have any luck on your hunt?" inquired the bartender.

"Yes, sir!" was the quick reply.

"What did you get?" the bartender asked.

Answered the would-be hunter: "Back."

Submitted by Rose Sands

One nice thing about an egotist. He never goes around talking about other people.

PG&E Progress

A pessimist is a person who complains about the noise when opportunity knocks.

Gurney's Gardening Magazine
Submitted by Dorothy Hofbauer

A clergyman keeps two files in his office — "Sacred" and "Top Sacred."

Quote Magazine
Submitted by A. D. Millham

In golf, it's distance. In a cigarette, it's taste. In a Volkswagen, it's impossible.

Submitted by E. E. Brendle

Partial Listing of **WHERE TO BUY the Fashions on Parade** shown on pages 44-46

(Note: Prices may be higher on the West Coast.)

Page 44:

Red, White and Blue dress by Christopher Street available at:

Akron, Ohio	The M. O'Neil Co.
Atlanta	Rich's
Boston	Filene's
Chicago	Carson's
Houston	Foley's
Minneapolis	Donaldson's
New Orleans	D. H. Holmes
New York City	Bloomingdale's
San Francisco	Roos Atkins
Tampa	Maas Bros.

For store availability of skirt and jacket by Rontini write to: Dorothy McCauley, Rontini, 1400 Broadway, New York, N.Y. 10018.

Page 45:

For store availability of sundress by Kay Windsor write to Dorothy McCauley, Kay Windsor, 1400 Broadway, New York, N.Y. 10018.

Red, white and blue jacket and navy pants by Puritan available at:

Allentown, Pa.	Zollinger Harned
Brooklyn, N.Y.C.	Abraham & Straus
Chicago	Marshall Field
Oakland, Calif.	H. C. Capwell
Toledo, Ohio	Lion Stores
Trenton, N.J.	Nevious Vorhees
Wilkes-Barre, Pa.	Zollinger Harned

Page 46:

For store availability of long-sleeved pinstripe jacket and skirt by Hobnobber write to: Roz Roth, Hobnobber, 1400 Broadway, New York, N.Y. 10018.

For store availability for sleeveless culotte dress by Joan Curtis write to: Bernie Goldstein, Joan Curtis, 1400 Broadway, New York, N.Y. 10018.

Three-piece jacket, shell and skirt by Leslie Fay available at:

Columbus, Ohio	Union Co.
Denver	May Co.
Houston	Battelstein's
Jackson, Michigan	Jacobsen's
New York City	Bloomingdale's

For store availability of navy anchor print dress write to: Bob Greenberg, Yves Jennet, 1400 Broadway, New York, N.Y. 10018.

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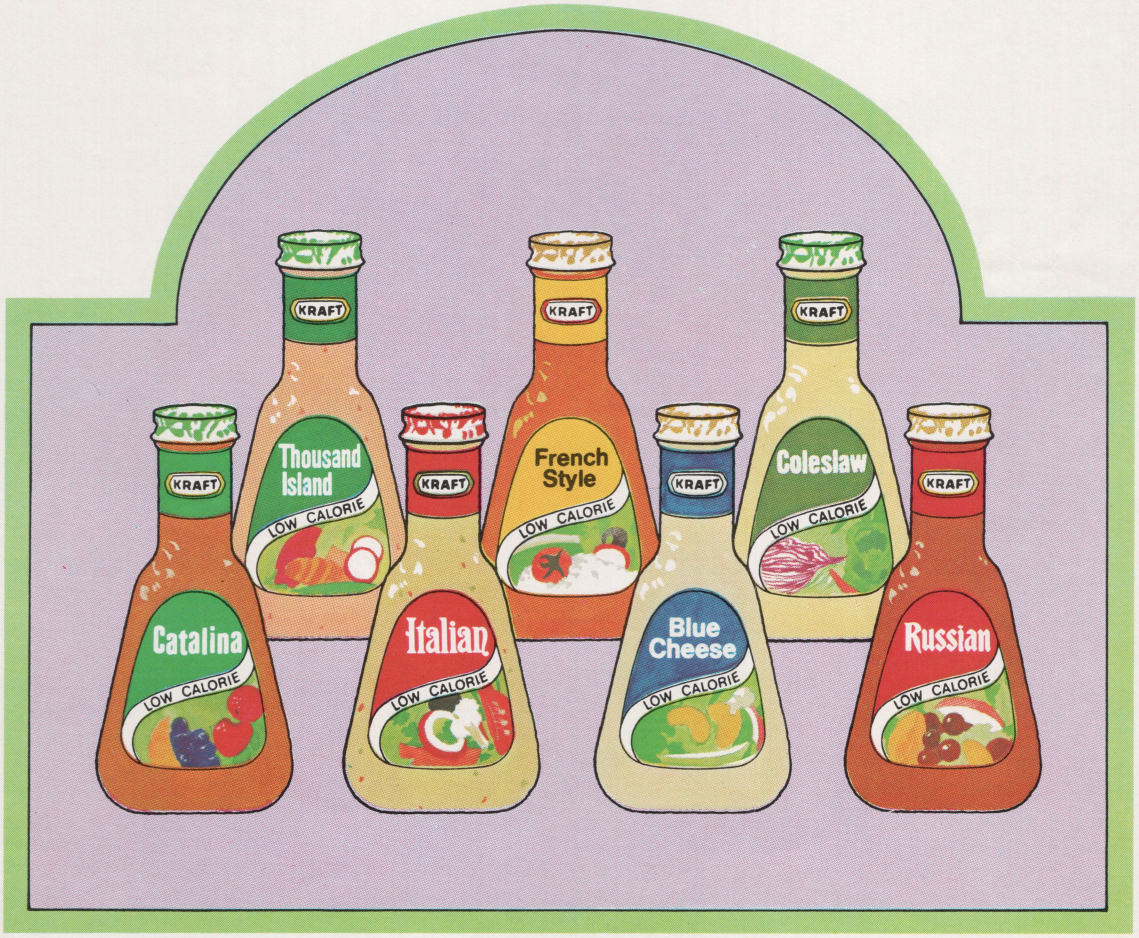

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MAINTENANCE

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It gives me variety. It's sugar-free.
And it averages less than a calorie a can.
All those good things together help me control my weight—
which is pretty important to a jockey like me."

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